



Pan-Roasted Halibut with Mushroom Butter Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons butter soft room temperature
- 1 pinch cayenne pepper to taste
- 1 tablespoon flat-leaf parsley italian chopped
- 14 ounce pacific halibut filets
- 0.5 juice of lemon juiced
- 0.3 cup clamshell mushrooms to taste
- 1 tablespoon olive oil

- 2 servings salt and pepper black freshly ground to taste
- 0.3 cup water

Equipment

- frying pan
- wooden spoon

Directions

- Heat oil and 1 tablespoon butter in heavy skillet over medium-high heat until butter melts and begins to foam.
- Add mushrooms and a pinch of salt; saute in hot butter and oil golden brown, about 5 minutes. Push mushroom to the edges to clear a space in the center of the skillet.
- Season halibut on each side with salt and cayenne pepper.
- Place halibut fillets in the center of the skillet and cook until the fillets begin to flake, 3 to 4 minutes per side.
- Transfer halibut to a warm serving plate.
- Pour the water into the pan and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon, until water is reduced by half, 1 to 2 minutes.
- Pour lemon juice into mushroom mixture and stir.
- Stir butter and parsley into mushroom mixture. Stir constantly until butter melts and forms a sauce; remove from heat and season with salt and black pepper. Spoon sauce and mushrooms over halibut.

Nutrition Facts

 **PROTEIN 47.05%**  **FAT 51.53%**  **CARBS 1.42%**

Properties

Glycemic Index:114, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:23.029130531394%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,

Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 323.17kcal (16.16%), Fat: 18.24g (28.06%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.46g (0.51%), Cholesterol: 119.81mg (39.94%), Sodium: 205.91mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.47g (74.95%), Selenium: 91.73µg (131.04%), Vitamin B3: 13.4mg (66.98%), Vitamin D: 9.35µg (62.34%), Vitamin B6: 1.11mg (55.35%), Phosphorus: 483.24mg (48.32%), Vitamin B12: 2.21µg (36.76%), Vitamin K: 37.95µg (36.15%), Potassium: 925.13mg (26.43%), Vitamin E: 2.51mg (16.7%), Magnesium: 48.93mg (12.23%), Vitamin A: 585.64IU (11.71%), Vitamin B5: 0.89mg (8.91%), Folate: 30.78µg (7.69%), Vitamin B1: 0.11mg (7.55%), Vitamin C: 5.85mg (7.09%), Vitamin B2: 0.12mg (6.77%), Zinc: 0.82mg (5.45%), Copper: 0.09mg (4.71%), Iron: 0.56mg (3.12%), Manganese: 0.05mg (2.27%), Calcium: 21.46mg (2.15%)