



Pan-Roasted Halibut with Mushroom Butter Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 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

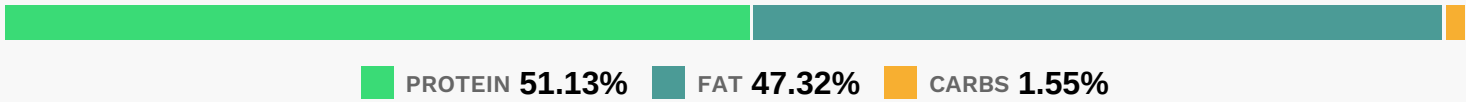
Equipment

- ☐ 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



Properties

Glycemic Index:114, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:22.897826122201%

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: 298.08kcal (14.9%), Fat: 15.4g (23.7%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.45g (0.5%), Cholesterol: 112.29mg (37.43%), Sodium: 183.4mg (7.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.44g (74.89%), Selenium: 91.7µg (130.99%), Vitamin B3: 13.39mg (66.97%), Vitamin D: 9.35µg (62.34%), Vitamin B6: 1.11mg (55.35%), Phosphorus: 482.4mg (48.24%), Vitamin B12: 2.2µg (36.66%), Vitamin K: 37.71µg (35.91%), Potassium: 924.29mg (26.41%), Vitamin E: 2.42mg (16.16%), Magnesium: 48.86mg (12.21%), Vitamin A: 498.17IU (9.96%), Vitamin B5: 0.89mg (8.87%), Folate: 30.67µg (7.67%), Vitamin B1: 0.11mg (7.54%), Vitamin C: 5.85mg (7.09%), Vitamin B2: 0.11mg (6.7%), Zinc: 0.81mg (5.42%), Copper: 0.09mg (4.71%), Iron: 0.56mg (3.12%), Manganese: 0.05mg (2.27%), Calcium: 20.62mg (2.06%)