



# Pan Seared Halibut with Roasted Heirloom Tomatoes

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**265 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 sprigs thyme leaves fresh
- 1 teaspoon garlic chopped
- 2 tablespoons grapeseed oil
- 24 ounce pacific halibut filets
- 1.5 cups heirloom tomatoes halved
- 1 juice of lemon juiced
- 1 tablespoon olive oil

- 2 tablespoons freshly parsley leaves chopped
- 1 tablespoon cracked pepper black
- 1 tablespoon salt

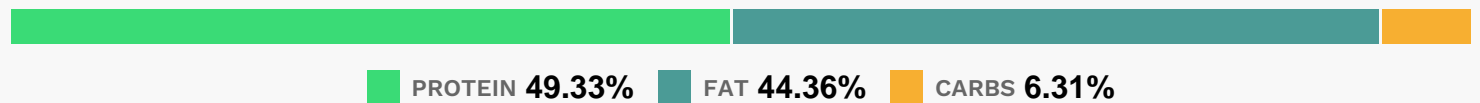
## Equipment

- frying pan

## Directions

- In a large saute pan over medium-high heat, add the grapeseed oil. Season the fish with salt and pepper and add to the pan. Sear the fish for 3 to 4 minutes on each side.
- Add the thyme and juice of 1/2 a lemon and baste the fish with the sauce.
- Remove the halibut from the pan to a serving platter.
- Add the olive oil to the pan and stir in the tomatoes, the garlic and the juice of 1/2 a lemon. Cook for 2 minutes and then add the parsley. Stir to combine and serve on top of the fish.

## Nutrition Facts



## Properties

Glycemic Index:70.25, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:23.317826011907%

## 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: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 265.42kcal (13.27%), Fat: 12.97g (19.95%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 2.92g (1.06%), Sugar: 1.69g (1.88%), Cholesterol: 83.35mg (27.78%), Sodium: 1864.31mg (81.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.45g (64.89%), Selenium: 77.76µg (111.08%), Vitamin B3: 11.47mg (57.35%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1mg (49.87%), Phosphorus: 420.65mg (42.06%), Vitamin K: 41.79µg (39.8%), Vitamin B12: 1.87µg (31.18%), Potassium: 917.53mg (26.22%), Vitamin E: 3.9mg (26.01%), Vitamin

C: 14.25mg (17.27%), Vitamin A: 780.36IU (15.61%), Manganese: 0.3mg (15.17%), Magnesium: 50.32mg (12.58%), Folate: 33.84µg (8.46%), Vitamin B1: 0.11mg (7.51%), Vitamin B5: 0.68mg (6.78%), Zinc: 0.77mg (5.15%), Copper: 0.1mg (5.13%), Fiber: 1.22g (4.9%), Iron: 0.83mg (4.63%), Vitamin B2: 0.07mg (4.15%), Calcium: 31.85mg (3.18%)