



Pan-seared Halibut with Shrimp Succotash

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 36 ounce pacific halibut filets
- 0.5 teaspoon kosher salt
- 6 servings lillet blanc
- 6 servings shrimp
- 2 tablespoons vegetable oil

Equipment

- frying pan

Directions

- Sprinkle fillets evenly with salt and pepper.
- Heat oil in a large skillet over medium-high heat until hot.
- Add fillets, in batches, and cook 3 minutes on each side or until fish flakes with a fork.
- Place fillets on a serving platter. Spoon Shrimp Succotash over fillets, and drizzle with Beurre Blanc.

Nutrition Facts

PROTEIN 67.32% **FAT 32.36%** **CARBS 0.32%**

Properties

Glycemic Index:13.67, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:17.751304126952%

Nutrients (% of daily need)

Calories: 197.51kcal (9.88%), Fat: 6.8g (10.47%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.09g (0.1%), Cholesterol: 84.96mg (28.32%), Sodium: 310.66mg (13.51%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 31.85g (63.7%), Selenium: 77.57µg (110.81%), Vitamin B3: 11.07mg (55.37%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.93mg (46.62%), Phosphorus: 403.7mg (40.37%), Vitamin B12: 1.87µg (31.18%), Potassium: 743.71mg (21.25%), Magnesium: 39.62mg (9.9%), Vitamin E: 1.41mg (9.4%), Vitamin K: 8.47µg (8.07%), Vitamin B5: 0.58mg (5.85%), Vitamin B1: 0.09mg (5.68%), Folate: 20.43µg (5.11%), Zinc: 0.63mg (4.18%), Vitamin B2: 0.05mg (3.01%), Vitamin A: 114.42IU (2.29%), Copper: 0.04mg (2.21%), Iron: 0.29mg (1.6%), Manganese: 0.03mg (1.51%), Calcium: 13.04mg (1.3%)