



 **63%**
HEALTH SCORE

Parchment-Baked Halibut With Pesto, Zucchini, and Carrots

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots shredded (2 medium)
- 4 teaspoons cooking wine dry white
- 24 ounce pacific halibut filets
- 4 teaspoons olive oil
- 0.5 teaspoon pepper divided freshly ground
- 0.3 cup commercial pesto
- 0.8 teaspoon salt divided

1 cup zucchini shredded (1 small)

Equipment

baking sheet

baking paper

oven

Directions

Preheat oven to 45

Follow directions for heart-shaped parchment package below.

Unfold parchment heart, and coat lightly with cooking spray, leaving a 2-inch border ungreased at edge.

Place fillet on one side so that it touches the fold, but not the ungreased border.

Spread 1 tablespoon pesto over fillet; top with 1/4 cup carrot and 1/4 cup zucchini.

Sprinkle with one-fourth of salt and pepper.

Drizzle fillet with 1 teaspoon oil and 1 teaspoon wine.

Fold paper; seal edges with narrow folds. Repeat with the remaining parchment paper, fish, and vegetables.

Place packets on baking sheets.

Bake at 450 for 15 minutes or until puffy and lightly browned. To serve, open packets and transfer the fillets with their vegetable topping to plates; pour juices over top. Or serve right in packets; carefully transfer to plates and pierce each to allow steam to escape.

Nutrition Facts

PROTEIN 50.09% **FAT 41.49%** **CARBS 8.42%**

Properties

Glycemic Index:39.71, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:24.62565218884%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 273.25kcal (13.66%), Fat: 12.18g (18.74%), Saturated Fat: 2.08g (13%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.84g (3.15%), Cholesterol: 84.59mg (28.2%), Sodium: 721.56mg (31.37%), Alcohol: 0.51g (100%), Alcohol %: 0.25% (100%), Protein: 33.08g (66.17%), Vitamin A: 5835.73IU (116.71%), Selenium: 77.68µg (110.97%), Vitamin B3: 11.54mg (57.68%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.03mg (51.5%), Phosphorus: 425.7mg (42.57%), Vitamin B12: 1.87µg (31.18%), Potassium: 930.24mg (26.58%), Vitamin E: 1.86mg (12.43%), Magnesium: 49.48mg (12.37%), Vitamin C: 7.44mg (9.01%), Folate: 34.02µg (8.51%), Vitamin B1: 0.12mg (8.04%), Vitamin K: 8.39µg (7.99%), Manganese: 0.16mg (7.91%), Vitamin B5: 0.74mg (7.4%), Fiber: 1.52g (6.07%), Vitamin B2: 0.1mg (5.88%), Calcium: 54.25mg (5.42%), Zinc: 0.8mg (5.32%), Copper: 0.07mg (3.69%), Iron: 0.64mg (3.54%)