



## Pecan-crusted Halibut with Dijon Cream Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1.3 cups breadcrumbs fresh
- ☐ 0.3 cup butter
- ☐ 8 servings dijon cream sauce
- ☐ 2 teaspoons coarse grained dijon mustard
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 6 ounce pacific halibut filets skinless
- ☐ 1.3 cups pecans finely chopped

☐ 0.5 teaspoon sea salt

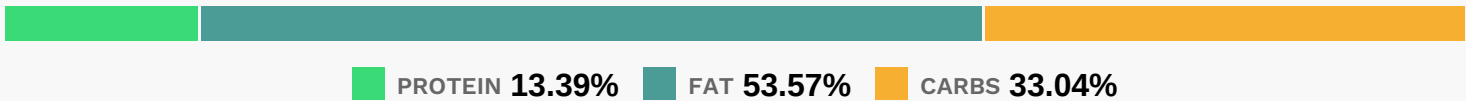
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

## Directions

- ☐ Combine flour, salt, and pepper in a shallow bowl.
- ☐ Whisk mustard and eggs in another shallow bowl.
- ☐ Combine pecans and breadcrumbs in a third shallow bowl.
- ☐ Dredge each halibut fillet in flour mixture, shaking off excess. Dip halibut in egg mixture to coat; drain excess.
- ☐ Place halibut in pecan mixture, pressing slightly to coat both sides of the fillet.
- ☐ Melt 2 tablespoons butter over medium heat.
- ☐ Add fillets, in batches, and cook 2 minutes on each side or until lightly browned, adding additional butter as needed. Arrange fillets on a foil-lined baking sheet.
- ☐ Bake at 350 for 10 minutes or until done.
- ☐ Serve with Dijon Cream Sauce.

## Nutrition Facts



## Properties

Glycemic Index:31.13, Glycemic Load:8.72, Inflammation Score:-4, Nutrition Score:12.440000096741%

## Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg

Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg  
Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate:  
0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate:  
0.36mg

Nutrients (% of daily need)

Calories: 323.24kcal (16.16%), Fat: 19.55g (30.07%), Saturated Fat: 5.33g (33.3%), Carbohydrates: 27.13g (9.04%),  
Net Carbohydrates: 24.33g (8.85%), Sugar: 2.12g (2.36%), Cholesterol: 72.18mg (24.06%), Sodium: 364.25mg  
(15.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Manganese: 1mg (49.84%), Selenium:  
24.2µg (34.57%), Vitamin B1: 0.41mg (27.12%), Vitamin B3: 3.63mg (18.16%), Phosphorus: 166.81mg (16.68%), Folate:  
58.85µg (14.71%), Vitamin B2: 0.23mg (13.72%), Copper: 0.27mg (13.6%), Iron: 2.24mg (12.43%), Fiber: 2.8g (11.18%),  
Vitamin B6: 0.2mg (9.97%), Magnesium: 37.35mg (9.34%), Zinc: 1.32mg (8.79%), Vitamin D: 1.25µg (8.33%), Vitamin  
B12: 0.42µg (6.95%), Potassium: 231.9mg (6.63%), Vitamin B5: 0.57mg (5.75%), Calcium: 56.44mg (5.64%), Vitamin  
A: 269.61IU (5.39%), Vitamin E: 0.7mg (4.65%), Vitamin K: 2.59µg (2.46%)