



Peppered Halibut, Green Beans, and Olive Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup chicken broth fat-free
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup greek olives ripe chopped
- ☐ 0.5 pound green beans trimmed

- ☐ 24 ounce halibut steaks ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8 cups torn leaf lettuce red
- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons freshly cracked peppercorns mixed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 medium tomatoes cut into 8 wedges
- ☐ 2 tablespoons water

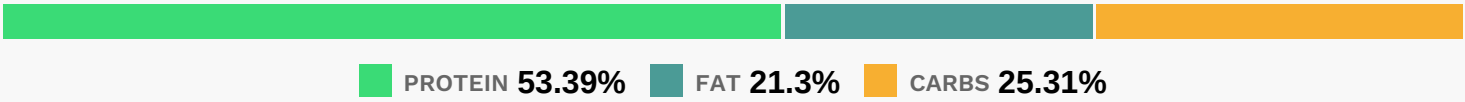
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Combine first 8 ingredients in a small bowl; cover and chill vinaigrette. Wash beans, and trim ends; remove strings.
- ☐ Place beans in a large saucepan of boiling water; cook 2 minutes; drain. Rinse under cold water; drain well. Set aside.
- ☐ Coat halibut with cooking spray; rub peppercorns and salt over both sides of steaks. Prepare grill.
- ☐ Place halibut on grill rack coated with cooking spray; grill 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove from heat; cool slightly. Break halibut into pieces; discard skin and bones.
- ☐ Place lettuce in a large bowl, and add lemon juice, tossing to coat. Divide lettuce mixture evenly among 4 plates. Arrange green beans, halibut, and tomato wedges evenly on plates, and sprinkle each serving with chopped olives.
- ☐ Drizzle vinaigrette over salads.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:4.21, Inflammation Score:-10, Nutrition Score:36.495652157327%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg 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: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 258.9kcal (12.95%), Fat: 6.24g (9.59%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 11.59g (4.21%), Sugar: 6.44g (7.16%), Cholesterol: 83.35mg (27.78%), Sodium: 767.84mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.18g (70.35%), Vitamin K: 127.9µg (121.81%), Selenium: 79.74µg (113.91%), Vitamin A: 5368.27IU (107.37%), Manganese: 1.38mg (69%), Vitamin B3: 12.25mg (61.27%), Vitamin B6: 1.17mg (58.44%), Vitamin D: 7.99µg (53.3%), Phosphorus: 474.32mg (47.43%), Potassium: 1256.96mg (35.91%), Vitamin B12: 1.9µg (31.66%), Vitamin C: 21.06mg (25.52%), Magnesium: 84.89mg (21.22%), Fiber: 5.09g (20.36%), Folate: 72.78µg (18.2%), Vitamin E: 2.4mg (16%), Iron: 2.72mg (15.09%), Vitamin B1: 0.21mg (13.77%), Copper: 0.26mg (13.16%), Vitamin B2: 0.19mg (10.96%), Calcium: 107.44mg (10.74%), Vitamin B5: 1mg (9.96%), Zinc: 1.11mg (7.41%)