



HEALTH SCORE

73%

Pesto Halibut Kebabs



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 tablespoons basil pesto prepared



1.5 pounds halibut cut into 1-inch chunks



1 large bell pepper red cut into 1-inch chunks



0.5 teaspoon salt



2 tablespoons citrus champagne vinegar

Equipment



frying pan



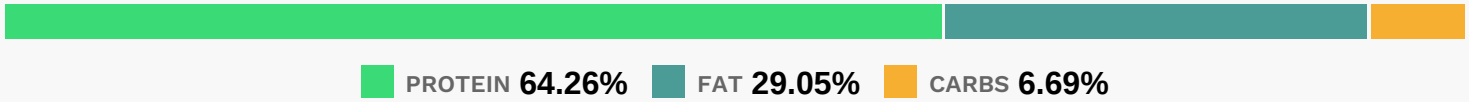
broiler

☐ skewers

Directions

- ☐ Preheat broiler.
- ☐ Place fish and bell pepper in a shallow dish.
- ☐ Drizzle pesto and vinegar over fish mixture; toss to coat.
- ☐ Let fish mixture stand 5 minutes.
- ☐ Thread fish and pepper alternately onto each of 4 (12-inch) skewers; sprinkle evenly with salt.
- ☐ Place skewers on a jelly-roll pan coated with cooking spray. Broil for 8 minutes or until desired degree of doneness, turning once.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:23.046956544337%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 210.41kcal (10.52%), Fat: 6.55g (10.07%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.35g (0.86%), Sugar: 2.08g (2.31%), Cholesterol: 84.25mg (28.08%), Sodium: 513.78mg (22.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.17%), Selenium: 77.61µg (110.87%), Vitamin C: 52.52mg (63.66%), Vitamin B3: 11.47mg (57.37%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.05mg (52.57%), Phosphorus: 412.69mg (41.27%), Vitamin A: 1624.48IU (32.49%), Vitamin B12: 1.87µg (31.18%), Potassium: 829.42mg (23.7%), Vitamin E: 1.69mg (11.24%), Magnesium: 44.35mg (11.09%), Folate: 39.27µg (9.82%), Vitamin B1: 0.11mg (7.15%), Vitamin B5: 0.71mg (7.13%), Vitamin B2: 0.09mg (5.05%), Zinc: 0.72mg (4.79%), Fiber: 1.04g (4.16%), Manganese: 0.07mg (3.44%), Calcium: 33.52mg (3.35%), Iron: 0.55mg (3.06%), Copper: 0.05mg (2.35%), Vitamin K: 2.01µg (1.91%)