



Pesto Topped Halibut

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb filets
- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 1 clove garlic
- ☐ 0.3 cup mayonnaise dressing with olive oil best foods®
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts

Equipment

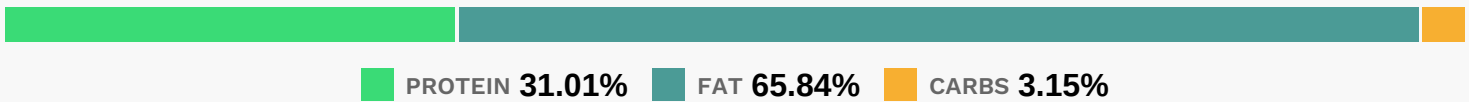
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 42
- ☐ Lightly grease baking sheet; set aside.
- ☐ Process all ingredients except halibut in food processor or blender until well blended. Evenly spread on halibut.
- ☐ Bake 15 minutes or until halibut flakes with a fork.
- ☐ See nutrition information for sodium content.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:6.2813043361125%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.21kcal (6.11%), Fat: 8.91g (13.71%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.18g (0.2%), Cholesterol: 24.82mg (8.27%), Sodium: 115.87mg (5.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.89%), Selenium: 16.13µg (23.05%), Vitamin K: 24.04µg (22.9%), Manganese: 0.34mg (16.95%), Phosphorus: 130.71mg (13.07%), Vitamin B12: 0.46µg (7.59%), Magnesium: 25.55mg (6.39%), Potassium: 221.86mg (6.34%), Vitamin B6: 0.12mg (6.22%), Vitamin E: 0.88mg (5.88%), Vitamin B3: 1.11mg (5.55%), Zinc: 0.56mg (3.76%), Calcium: 35.29mg (3.53%), Copper: 0.07mg (3.49%), Vitamin A: 172.23IU (3.44%), Vitamin B1: 0.05mg (3.31%), Vitamin D: 0.44µg (2.9%), Vitamin B2: 0.05mg (2.9%), Iron: 0.47mg (2.6%), Folate: 6.49µg (1.62%), Vitamin C: 1.01mg (1.22%), Vitamin B5: 0.11mg (1.08%)