



HEALTH SCORE

61%

Pistou Halibut



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil fresh minced
- ☐ 2 garlic cloves minced
- ☐ 24 ounce pacific halibut filets skinless ()
- ☐ 4 lemon wedges
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

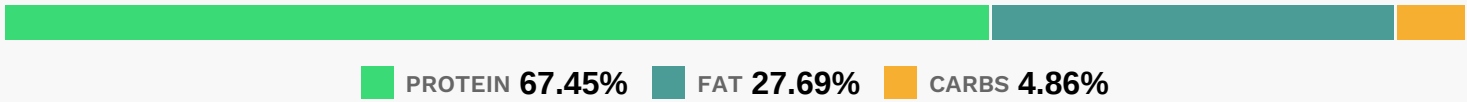
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl; rub over both sides of fillets.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add fillets; cook 2 to 3 minutes on each side or until fillets flake easily when tested with a fork.
- ☐ Serve with lemon wedges.
- ☐ Sauted Garlicky Spinach

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:19.190869580144%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 193.96kcal (9.7%), Fat: 5.84g (8.99%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.47g (0.52%), Cholesterol: 83.35mg (27.78%), Sodium: 407.14mg (17.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.01%), Selenium: 77.86µg (111.23%), Vitamin B3: 11.12mg (55.61%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.97mg (48.43%), Phosphorus: 407.92mg (40.79%), Vitamin B12: 1.87µg (31.18%), Potassium: 778.43mg (22.24%), Vitamin C: 10.37mg (12.57%), Magnesium: 42.44mg (10.61%), Vitamin E: 1.59mg (10.58%), Vitamin K: 10.64µg (10.13%), Vitamin B1: 0.1mg (6.4%), Vitamin B5: 0.63mg (6.33%), Folate: 23.82µg (5.95%), Vitamin A: 224.24IU (4.48%), Manganese: 0.09mg (4.44%), Zinc: 0.66mg (4.39%), Vitamin B2: 0.06mg (3.41%), Copper: 0.06mg (2.99%), Iron: 0.5mg (2.8%), Fiber: 0.6g (2.4%), Calcium: 23.61mg (2.36%)