



Poached Halibut with Lemon-Herb Sauce



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 1 cilantro leaves
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 4 teaspoons parsley fresh chopped
- ☐ 2 spring onion coarsely chopped
- ☐ 24 ounce pacific halibut filets
- ☐ 1.5 tablespoons jalapeno seeded chopped
- ☐ 3 optional: lemon finely chopped

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 3 tablespoons olive oil
- ☐ 1 parsley
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 6 cups water

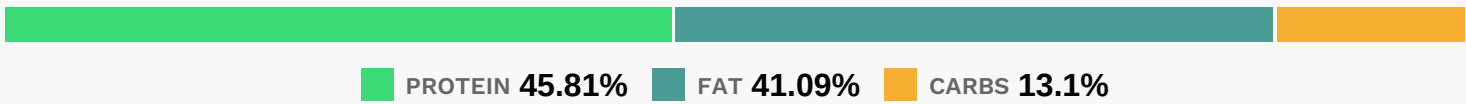
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Combine first 8 ingredients.
- ☐ Combine water and next 5 ingredients (through cilantro sprig) in a large skillet; bring to a low simmer (180 to 190).
- ☐ Add fish; cook 10 minutes or until desired degree of doneness.
- ☐ Remove fish from pan with a slotted spoon; drain on paper towels.
- ☐ Serve with sauce.
- ☐ Sustainable Choice: Halibut is a readily available, sustainable option with mild flavor and firm flesh.

Nutrition Facts



Properties

Glycemic Index:74.88, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:24.610869656438%

Flavonoids

Eriodictyol: 17.58mg, Eriodictyol: 17.58mg, Eriodictyol: 17.58mg, Eriodictyol: 17.58mg Hesperetin: 23.41mg, Hesperetin: 23.41mg, Hesperetin: 23.41mg, Hesperetin: 23.41mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 278.24kcal (13.91%), Fat: 13.08g (20.12%), Saturated Fat: 2g (12.47%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 6.45g (2.35%), Sugar: 2.61g (2.9%), Cholesterol: 83.35mg (27.78%), Sodium: 1009.15mg (43.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.81g (65.63%), Selenium: 78µg (111.43%), Vitamin C: 55.47mg (67.23%), Vitamin B3: 11.29mg (56.43%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.03mg (51.61%), Phosphorus: 420.06mg (42.01%), Vitamin B12: 1.87µg (31.18%), Vitamin K: 28.28µg (26.94%), Potassium: 903.07mg (25.8%), Vitamin E: 2.94mg (19.61%), Magnesium: 53.05mg (13.26%), Fiber: 2.92g (11.7%), Folate: 37µg (9.25%), Vitamin B1: 0.13mg (8.44%), Vitamin B5: 0.78mg (7.84%), Copper: 0.15mg (7.28%), Manganese: 0.13mg (6.71%), Vitamin A: 326.31IU (6.53%), Iron: 1.03mg (5.72%), Calcium: 54.92mg (5.49%), Zinc: 0.75mg (5%), Vitamin B2: 0.08mg (4.72%)