



Poached Halibut with Saffron Orange Aïoli



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings garlic aïoli
- ☐ 10 peppercorns whole black
- ☐ 2 cups wine dry white
- ☐ 36 oz pacific halibut filets with skin ()
- ☐ 1 small onion thinly sliced
- ☐ 2.5 teaspoons salt
- ☐ 2 sprigs thyme sprigs fresh (3-inch)
- ☐ 2 turkish bay leaf

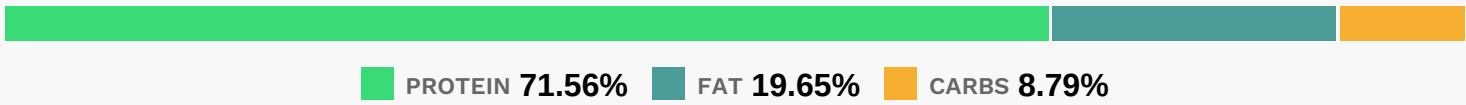
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Bring 6 cups water with wine, onion, bay leaves, peppercorns, thyme, and salt to a boil in a deep 12-inch skillet, covered, over moderate heat, then reduce heat and simmer 10 minutes.
- ☐ Add halibut (liquid should barely cover fish; if not, add more water) and poach at a bare simmer, uncovered, until opaque and just cooked through, about 6 minutes.
- ☐ Transfer fish to a plate with a slotted spatula. Peel off and discard skin, then transfer fish to a platter or individual plates with slotted spatula.
- ☐ Serve warm or at room temperature, with aioli.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:18.459130380465%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 244.58kcal (12.23%), Fat: 3.89g (5.98%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.26g (1.4%), Cholesterol: 84.68mg (28.23%), Sodium: 1126.49mg (48.98%), Alcohol: 8.24g (100%), Alcohol %: 3.89% (100%), Protein: 31.86g (63.72%), Selenium: 77.71µg (111.02%), Vitamin B3: 11.18mg (55.91%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.99mg (49.42%), Phosphorus: 419.87mg (41.99%),

Vitamin B12: 1.87µg (31.18%), Potassium: 818.38mg (23.38%), Magnesium: 49.17mg (12.29%), Manganese: 0.16mg (7.98%), Vitamin E: 1.04mg (6.94%), Vitamin B5: 0.64mg (6.37%), Vitamin B1: 0.09mg (6.32%), Folate: 23.67µg (5.92%), Zinc: 0.74mg (4.93%), Vitamin B2: 0.07mg (4.01%), Iron: 0.61mg (3.39%), Vitamin A: 133.01IU (2.66%), Copper: 0.05mg (2.59%), Calcium: 24.76mg (2.48%), Vitamin C: 1.41mg (1.71%), Fiber: 0.3g (1.18%)