



Poached Halibut with Warm Bacon Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 1 cup chicken broth fat-free low-sodium,
- ☐ 2 ounce bread french toasted

- ☐ 6 garlic cloves peeled
- ☐ 24 ounce pacific halibut filets
- ☐ 3 cups leek chopped
- ☐ 2 teaspoons maple syrup
- ☐ 3 tablespoons red wine vinegar divided
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shallots finely chopped
- ☐ 2 slices center-cut bacon
- ☐ 2 cups water
- ☐ 1 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven
- ☐ colander

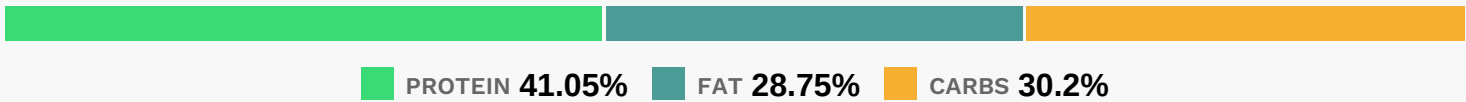
Directions

- ☐ Combine first 8 ingredients in a large Dutch oven over medium-high heat; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Strain mixture through a colander over a bowl, reserving broth and vegetable mixture. Return broth to pan; bring to a simmer.
- ☐ Add fish to pan. Cook 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Remove fish from cooking liquid using a slotted spoon; reserve 1 cup plus 2 tablespoons cooking liquid. Discard remaining cooking liquid.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add shallots to drippings in pan; saut 1 minute or until tender, stirring constantly. Stir in 2 tablespoons vinegar and mustard; cook 1 minute, stirring occasionally. Stir in 2 tablespoons

reserved cooking liquid, remaining 1 tablespoon vinegar, syrup, oil, salt, and pepper; cook 30 seconds, stirring occasionally. Stir in bacon.

- ☐ Place about 3/4 cup vegetable mixture in each of 4 shallow bowls; top each with 1/4 cup remaining cooking liquid.
- ☐ Place 1 bread slice and 1 fish fillet in each serving.
- ☐ Drizzle each serving with about 1 tablespoon bacon mixture.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:104.21, Glycemic Load:11.28, Inflammation Score:-10, Nutrition Score:33.71695663618%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 415.96kcal (20.8%), Fat: 11.78g (18.13%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 24.57g (8.94%), Sugar: 8.54g (9.49%), Cholesterol: 95.23mg (31.74%), Sodium: 792.58mg (34.46%), Alcohol: 6.18g (100%), Alcohol %: 1.32% (100%), Protein: 37.85g (75.71%), Vitamin A: 6697.01IU (133.94%), Selenium: 88.93µg (127.04%), Vitamin B3: 13.59mg (67.94%), Vitamin B6: 1.34mg (66.78%), Vitamin D: 8.07µg (53.78%), Phosphorus: 515.01mg (51.5%), Vitamin K: 44.51µg (42.39%), Manganese: 0.77mg (38.39%), Vitamin B12: 2.07µg (34.58%), Potassium: 1200.09mg (34.29%), Folate: 99.82µg (24.95%), Vitamin B1: 0.33mg (21.96%), Magnesium: 84.1mg (21.03%), Iron: 2.98mg (16.54%), Vitamin C: 12.76mg (15.47%), Vitamin E: 2.27mg (15.13%), Vitamin B2: 0.25mg (14.87%), Fiber: 3.28g (13.11%), Copper: 0.23mg (11.39%), Vitamin B5: 1.13mg (11.26%), Calcium: 109.01mg (10.9%), Zinc: 1.39mg (9.23%)