



WHATSheATE



HEALTH SCORE

100%

Potato-Wrapped Halibut with Sautéed Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 cups baby spinach fresh loosely packed
- ☐ 6 garlic clove very thinly sliced
- ☐ 24 ounce pacific halibut filets (each)
- ☐ 8 tablespoons olive oil divided
- ☐ 12 inch yukon gold potatoes unpeeled scrubbed

Equipment

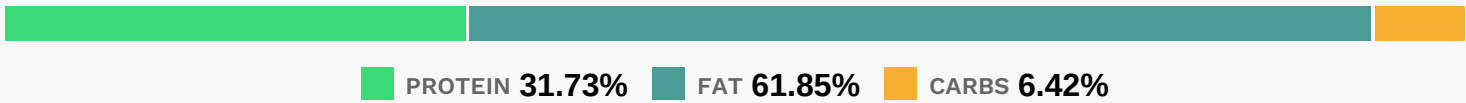
- ☐ frying pan
- ☐ mandoline

☐ tongs

Directions

- ☐ Pat fish dry; sprinkle with salt and pepper.
- ☐ Place large sheet of parchment on worksurface. Halve each potato lengthwise.Using V-slicer or mandoline, slice eachpotato half very thinly. Set 5 to 6 sliceson parchment in row, overlapping longides. Make another row that overlapsshort ends of first row, forming 6x5-inchrectangle.
- ☐ Sprinkle rectangle with saltand pepper. Set 1 fillet across overlappedshort ends of slices. Fold sides of rectangleover fish, forming packet. Press to adhere.
- ☐ Sprinkle with salt and pepper. Repeat withremaining potato slices and fish fillets.
- ☐ Heat 3 tablespoons oil in each of 2large skillets over medium-high heat. Set3 wrapped fish fillets, seam side down, ineach skillet. Cook until golden on bottom,about 3 minutes. Turn; cook until fish isopaque in center, 2 to 3 minutes longer.
- ☐ Transfer to plates; cover to keep warm.
- ☐ Add 2 tablespoons oil to 1 skillet.
- ☐ Addgarlic; stir 1 minute.
- ☐ Add 1/3 of spinach;toss with tongs until spinach begins to wilt.
- ☐ Add remaining spinach in 2 additions;stir just until beginning to wilt. Seasonwith salt and pepper. Divide spinachamong plates with fish and serve.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:30.840869592584%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 5.15mg, Kaempferol: 5.15mg, Kaempferol: 5.15mg, Kaempferol: 5.15mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 294.99kcal (14.75%), Fat: 20.51g (31.55%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 2.85g (1.04%), Sugar: 0.41g (0.45%), Cholesterol: 55.57mg (18.52%), Sodium: 141.5mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.35%), Vitamin K: 397.78µg (378.84%), Vitamin A: 7577.95IU (151.56%), Selenium: 52.95µg (75.64%), Folate: 169.71µg (42.43%), Vitamin B6: 0.83mg (41.48%), Vitamin B3: 8.04mg (40.18%), Manganese: 0.79mg (39.4%), Vitamin D: 5.33µg (35.53%), Vitamin E: 5.01mg (33.38%), Phosphorus: 314.31mg (31.43%), Vitamin C: 24.42mg (29.6%), Potassium: 973.29mg (27.81%), Magnesium: 91.2mg (22.8%), Vitamin B12: 1.25µg (20.79%), Iron: 2.54mg (14.14%), Vitamin B2: 0.19mg (11.19%), Calcium: 93.36mg (9.34%), Vitamin B1: 0.13mg (8.61%), Fiber: 1.93g (7.74%), Copper: 0.14mg (7.23%), Zinc: 0.88mg (5.88%), Vitamin B5: 0.47mg (4.74%)