



## Ranch Halibut with Lemon-Parsley Tartar Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 ounce ranch seasoning
- 0.8 cup round buttery crackers crushed
- 2 tablespoons butter melted
- 1 teaspoon juice of lemon
- 1 pound fish fillet skinless firm
- 0.5 cup tartar sauce
- 2 tablespoons parsley fresh chopped

1 teaspoon lemon zest grated

## Equipment

bowl

frying pan

oven

aluminum foil

## Directions

Heat oven to 450°. Line rectangular pan, 13x9x2 inches, with aluminum foil; spray foil with cooking spray.

Mix dressing mix (dry) and crackers in shallow bowl.

Mix butter and lemon juice in another shallow bowl.

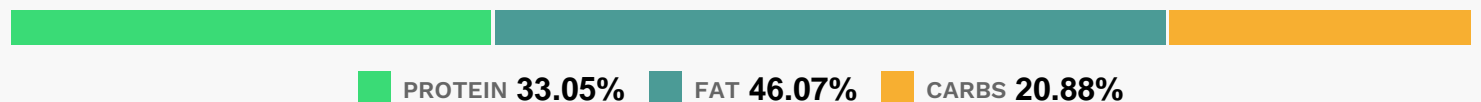
Cut fish into 4 serving pieces. Dip fish into butter, then coat with cracker mixture.

Place in pan.

Bake uncovered 10 to 15 minutes or until fish flakes easily with fork. While fish is baking, mix tartar sauce, parsley and lemon peel.

Serve tartar sauce with fish.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:14.647826060005%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 294.56kcal (14.73%), Fat: 14.87g (22.88%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 14.64g (5.32%), Sugar: 2.18g (2.42%), Cholesterol: 58.66mg (19.55%), Sodium: 943.68mg (41.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24g (48%), Selenium: 48.18µg (68.82%), Vitamin K: 54.12µg (51.55%), Vitamin B12: 1.8µg (30.07%), Vitamin B3: 5.03mg (25.16%), Vitamin D: 3.52µg (23.44%), Phosphorus: 231.18mg (23.12%), Potassium: 391mg (11.17%), Vitamin E: 1.55mg (10.34%), Vitamin B6: 0.21mg (10.33%), Folate: 40.14µg (10.04%), Vitamin A: 465.39IU (9.31%), Magnesium: 35.79mg (8.95%), Iron: 1.34mg (7.43%), Vitamin B1: 0.1mg (6.91%), Manganese: 0.14mg (6.8%), Vitamin B2: 0.11mg (6.74%), Vitamin B5: 0.63mg (6.31%), Copper: 0.11mg (5.45%), Vitamin C: 4.45mg (5.39%), Calcium: 41.55mg (4.15%), Zinc: 0.5mg (3.33%), Fiber: 0.52g (2.09%)