



Roasted Halibut with Garlic Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 garlic clove
- ☐ 1.8 pounds pacific halibut filets thick ()
- ☐ 4 servings lemon wedges
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

Equipment

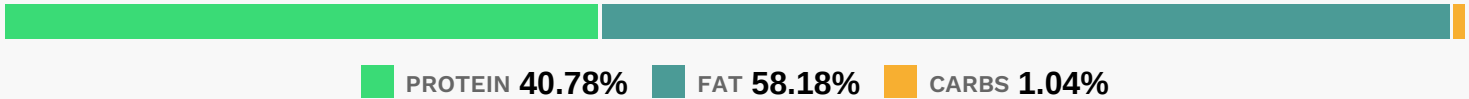
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ baking pan
- ☐ garlic press

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Put fish in an oiled shallow baking dish and sprinkle with teaspoon each of salt and pepper.
- ☐ Force garlic through a garlic press into a bowl, then whisk in oil and 1/8 teaspoon salt.
- ☐ Whisk in mayonnaise and spread over fish.
- ☐ Bake, uncovered, until fish is just cooked through, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:21.761739059635%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 373.04kcal (18.65%), Fat: 23.62g (36.33%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.15g (0.17%), Cholesterol: 105.08mg (35.03%), Sodium: 254.02mg (11.04%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 37.24g (74.49%), Selenium: 91.24µg (130.35%), Vitamin B3: 12.94mg (64.68%), Vitamin D: 9.36µg (62.43%), Vitamin B6: 1.12mg (55.88%), Phosphorus: 475.86mg (47.59%), Vitamin B12: 2.21µg (36.76%), Vitamin K: 34.68µg (33.03%), Potassium: 877.45mg (25.07%), Vitamin E: 2.83mg (18.89%), Magnesium: 46.47mg (11.62%), Vitamin B5: 0.73mg (7.28%), Vitamin B1: 0.11mg (7.07%), Folate: 24.92µg (6.23%), Zinc: 0.77mg (5.13%), Vitamin B2: 0.07mg (3.87%), Manganese: 0.06mg (3.05%), Vitamin A: 145.52IU (2.91%), Copper: 0.06mg (2.81%), Iron: 0.44mg (2.45%), Calcium: 19.79mg (1.98%), Vitamin C: 1.23mg (1.49%)