

Roasted Halibut with Grapefruit Fennel Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



27 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 fennel bulb trimmed
- 2 tablespoons parsley leaves fresh chopped
- 1 cup ruby grapefruit segments red (2 grapefruits)
- 0.3 cup grapefruit juice
- 1 teaspoon 1 teaspoon grapefruit zest
- 0.3 teaspoon ground pepper black
- 24 ounce halibut
- 0.3 cup olive oil extra-virgin

- 2 tablespoons niçoise olives pitted halved
- 0.1 teaspoon pepper flakes red
- 1 teaspoon salt

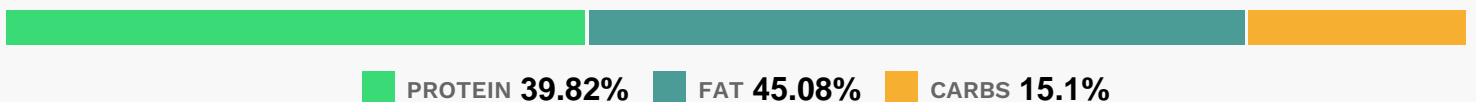
Equipment

- bowl
- oven

Directions

- Preheat the oven to 375 degrees F.
- In small bowl combine the grapefruit segments, juice, and zest. Halve the fennel bulb lengthwise, thinly slice and add to the bowl.
- Add the olive oil, olives, parsley, 1/2 teaspoon salt, and red pepper flakes. Stir to combine.
- Meanwhile, place the fish on a parchment-lined roasting dish.
- Sprinkle with remaining 1/2 teaspoon of salt and pepper and bake for 10 to 12 minutes depending on thickness.
- Gently transfer the fish to a serving plate. Top with the grapefruit and fennel salsa and serve immediately.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:3.23, Inflammation Score:-8, Nutrition Score:26.892608518186%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 330.44kcal (16.52%), Fat: 16.62g (25.56%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 9.48g (3.45%), Sugar: 7.95g (8.83%), Cholesterol: 83.35mg (27.78%), Sodium: 792.62mg (34.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.05%), Selenium: 78.09µg (111.56%), Vitamin K: 77.99µg (74.28%), Vitamin B3: 11.66mg (58.28%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1mg (49.78%), Phosphorus: 444.42mg (44.44%), Vitamin C: 32.23mg (39.07%), Potassium: 1100.33mg (31.44%), Vitamin B12: 1.87µg (31.18%), Vitamin E: 3.59mg (23.93%), Vitamin A: 1058.3IU (21.17%), Magnesium: 57.55mg (14.39%), Fiber: 3.05g (12.21%), Folate: 47.24µg (11.81%), Vitamin B5: 0.9mg (8.97%), Manganese: 0.16mg (8.24%), Vitamin B1: 0.12mg (7.92%), Calcium: 61.17mg (6.12%), Iron: 1.06mg (5.86%), Zinc: 0.81mg (5.43%), Copper: 0.11mg (5.36%), Vitamin B2: 0.09mg (5.35%)