



HEALTH SCORE

74%

Roasted Halibut with Romesco Sauce and Olive Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons almonds toasted sliced
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons capers
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup wine dry white

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 garlic clove chopped
- ☐ 2 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 24 ounce pacific halibut filets
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 1.5 teaspoons soy sauce low-sodium
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 2 plum tomatoes halved seeded
- ☐ 1 bell pepper red
- ☐ 2 tablespoons shallots finely chopped
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.3 teaspoon sugar
- ☐ 3 tablespoons water

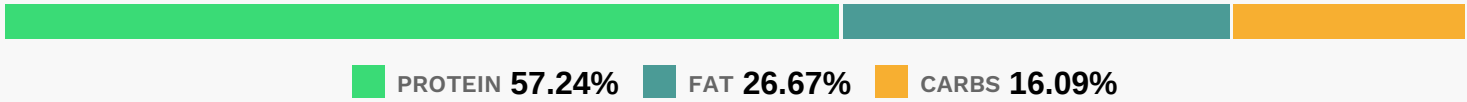
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ To prepare sauce, cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place bell pepper and tomato halves, skin sides up, on a foil-lined baking sheet; flatten peppers with hand. Broil for 12 minutes or until peppers blacken.
- ☐ Place peppers and tomatoes in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel peppers and tomatoes.
- ☐ Place peppers, tomatoes, almonds, and next 7 ingredients (through 2 chopped garlic cloves) in a food processor, and process until smooth.
- ☐ Reduce oven temperature to 40
- ☐ To prepare relish, combine olives and next 6 ingredients (through 2 minced garlic cloves) in a small bowl.
- ☐ To prepare fish, combine wine and next 6 ingredients (through 2 minced garlic cloves) in a large zip-top plastic bag.
- ☐ Add fillets to bag; seal and marinate in refrigerator 30 minutes, turning bag occasionally.
- ☐ Remove fillets from bag; discard marinade.
- ☐ Place fillets on a jelly-roll pan coated with cooking spray.
- ☐ Sprinkle fillets with 1/2 teaspoon salt.
- ☐ Bake at 400 for 15 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with romesco sauce and olive relish.
- ☐ Garnish with oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:122.02, Glycemic Load:1.87, Inflammation Score:-9, Nutrition Score:29.140000073806%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg

Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 4.04mg, Kaempferol: 4.04mg, Kaempferol: 4.04mg, Kaempferol: 4.04mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 248.21kcal (12.41%), Fat: 7.05g (10.84%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 6.52g (2.37%), Sugar: 4.08g (4.53%), Cholesterol: 83.35mg (27.78%), Sodium: 832.76mg (36.21%), Alcohol: 1.54g (100%), Alcohol %: 0.63% (100%), Protein: 34.03g (68.05%), Selenium: 78.57µg (112.24%), Vitamin C: 52.7mg (63.88%), Vitamin B3: 11.93mg (59.63%), Vitamin B6: 1.14mg (57.07%), Vitamin K: 58.27µg (55.49%), Vitamin D: 7.99µg (53.3%), Phosphorus: 454.86mg (45.49%), Vitamin A: 1739.24IU (34.78%), Vitamin B12: 1.87µg (31.18%), Potassium: 1008.09mg (28.8%), Vitamin E: 3.56mg (23.75%), Manganese: 0.36mg (17.87%), Magnesium: 69.05mg (17.26%), Folate: 52µg (13%), Fiber: 3.05g (12.19%), Vitamin B1: 0.14mg (9.48%), Vitamin B2: 0.15mg (8.99%), Copper: 0.17mg (8.44%), Vitamin B5: 0.81mg (8.11%), Iron: 1.45mg (8.07%), Zinc: 1.04mg (6.91%), Calcium: 65.33mg (6.53%)