



Roasted Halibut with Tomatoes, Saffron, and Cilantro



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped for garnish
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 cups grape tomatoes red halved
- ☐ 2 spring onion chopped (white part only)
- ☐ 64 ounce pacific halibut filets (each)
- ☐ 0.5 cup olive oil
- ☐ 3 pounds plum tomatoes cut into 1-inch pieces (8 cups)

- ☐ 0.3 teaspoon saffron threads
- ☐ 1 cup tomatoes yellow halved
- ☐ 3 tablespoons balsamic vinegar white

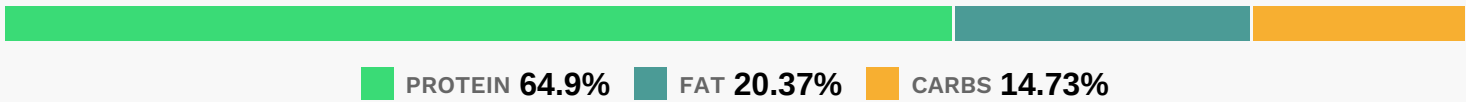
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Place all tomatoes in 13x9x2-inch glass baking dish.
- ☐ Sprinkle with salt and pepper; toss to combine.
- ☐ Sprinkle fish with salt and pepper; place atop tomatoes.
- ☐ Whisk oil, vinegar, green onions, chopped cilantro, basil, and saffron in small bowl to blend. Season dressing to taste with salt and pepper.
- ☐ Pour dressing evenly over fish.
- ☐ Let stand 10 minutes.
- ☐ Bake until fish is opaque in center, about 10 minutes. Cool slightly.
- ☐ Place 1 fillet on each of 8 plates. Season tomato mixture to taste with salt and pepper. Top fish with tomato mixture, dividing equally.
- ☐ Garnish with cilantro sprigs.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:31.060869714488%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 277.3kcal (13.87%), Fat: 6.18g (9.5%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.25g (2.64%), Sugar: 6.91g (7.68%), Cholesterol: 111.13mg (37.04%), Sodium: 167.48mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.27g (88.55%), Selenium: 103.44µg (147.77%), Vitamin B3: 16.13mg (80.64%), Vitamin B6: 1.43mg (71.32%), Vitamin D: 10.66µg (71.06%), Phosphorus: 592.03mg (59.2%), Potassium: 1538.93mg (43.97%), Vitamin A: 2093.98IU (41.88%), Vitamin B12: 2.49µg (41.58%), Vitamin C: 31.63mg (38.34%), Vitamin K: 27.92µg (26.59%), Vitamin E: 3.01mg (20.1%), Magnesium: 78.68mg (19.67%), Folate: 63.41µg (15.85%), Manganese: 0.3mg (15.1%), Vitamin B1: 0.2mg (13.26%), Fiber: 2.8g (11.2%), Vitamin B5: 0.98mg (9.83%), Copper: 0.19mg (9.58%), Zinc: 1.22mg (8.14%), Vitamin B2: 0.11mg (6.7%), Iron: 1.09mg (6.07%), Calcium: 43.2mg (4.32%)