



Roasted Halibut with Walnut Crust

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 48 ounce pacific halibut filets (each)
- ☐ 6 servings lemon wedges
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup parsley fresh italian packed chopped ()
- ☐ 0.8 cup walnuts toasted finely chopped

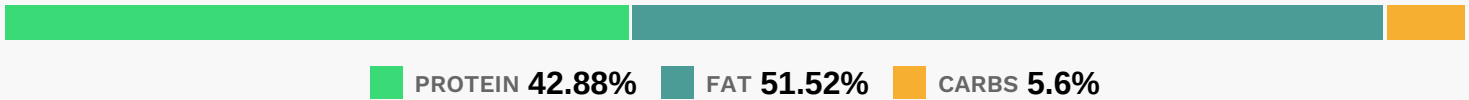
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 450°F. Spray rimmed baking sheet with nonstick spray.
- ☐ Mix walnuts, panko, and all herbs in small bowl; sprinkle with salt and pepper.
- ☐ Brush each fish fillet with 1 tablespoon melted butter; sprinkle with salt and pepper.
- ☐ Place fish on prepared baking sheet.
- ☐ Sprinkle panko-herb mixture atop fish, dividing equally and pressing to adhere. Roast fish until just opaque in center, about 8 minutes. If crisper topping desired, preheat broiler and broil fish about 1 minute, watching carefully to prevent burning.
- ☐ Transfer fish to plates; garnish with lemon wedges.
- ☐ *Available in the Asian foods section of some supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:28.760434606801%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg 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: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 423.81kcal (21.19%), Fat: 24.21g (37.24%), Saturated Fat: 8.82g (55.13%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.57g (1.66%), Sugar: 0.77g (0.85%), Cholesterol: 141.23mg (47.08%), Sodium: 282.61mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.33g (90.67%), Selenium: 105.55µg (150.79%), Vitamin B3: 15.31mg (76.56%), Vitamin D: 10.66µg (71.06%), Vitamin B6: 1.33mg (66.67%), Phosphorus: 600.01mg (60%), Vitamin K: 47.6µg (45.33%), Vitamin B12: 2.54µg (42.27%), Potassium: 1084.38mg (30.98%), Manganese: 0.59mg (29.29%), Magnesium: 79.88mg (19.97%), Vitamin A: 794.26IU (15.89%), Copper: 0.31mg (15.28%), Vitamin B1: 0.22mg (14.39%), Folate: 52.73µg (13.18%), Vitamin E: 1.84mg (12.28%), Zinc: 1.39mg (9.28%), Vitamin B5: 0.92mg (9.21%), Vitamin B2: 0.12mg (7.01%), Iron: 1.23mg (6.84%), Vitamin C: 4.75mg (5.75%), Fiber: 1.35g (5.4%), Calcium: 48.53mg (4.85%)