



Romaine-Wrapped Halibut

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz fish fillet white thick ()
- ☐ 1 optional: lemon halved
- ☐ 10 large the of 1 cos lettuce (from 2 heads)
- ☐ 2 tablespoons shallots finely chopped
- ☐ 3 tablespoons butter unsalted softened

Equipment

- ☐ bowl
- ☐ frying pan

- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 450°F and coat inside of a 13- by 9-inch glass or ceramic baking or gratin dish with 1 tablespoon butter.
- ☐ Cut 2 thin slices from each lemon half and squeeze juice from remaining lemon.
- ☐ Mash together remaining 2 tablespoons butter, 1 teaspoon lemon juice, and shallot and season well with salt and pepper.
- ☐ Sprinkle dish with remaining juice.
- ☐ Cook lettuce in a large pot of salted boiling water 1 minute. Immediately transfer with tongs to a bowl of ice water to cool.
- ☐ Drain lettuce and cut out ribs, leaving top 1 inch of leaves intact.
- ☐ Spread out 1 lettuce leaf lengthwise on a work surface.
- ☐ Place another leaf on first leaf, overlapping enough to cover any holes (use 2 extra leaves if necessary). Season 1 piece halibut with salt and pepper and place crosswise in center of lettuce.
- ☐ Spread top of fish with one fourth of shallot butter. Wrap lettuce over fish to form a packet (don't worry if ends aren't covered by lettuce) and transfer to baking dish. Make 3 more packets in same manner, arranging them close together in baking dish.
- ☐ Top each packet with a lemon slice. Cover packets with a sheet of wax or parchment paper, then tightly cover dish with foil.
- ☐ Bake in middle of oven until centers of packets are just firm to the touch, 15 to 20 minutes, depending on thickness of fish.
- ☐ Serve with pan juices poured over packets.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:26.711738938871%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 261.91kcal (13.1%), Fat: 11.7g (18.01%), Saturated Fat: 6.43g (40.17%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 3.28g (1.19%), Sugar: 1.91g (2.12%), Cholesterol: 107.62mg (35.87%), Sodium: 96.35mg (4.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.53g (71.06%), Vitamin A: 6365.54IU (127.31%), Selenium: 71.65µg (102.36%), Vitamin K: 74.91µg (71.34%), Vitamin B12: 2.71µg (45.09%), Vitamin D: 5.43µg (36.2%), Folate: 141.01µg (35.25%), Vitamin B3: 6.9mg (34.5%), Phosphorus: 320.01mg (32%), Potassium: 743.07mg (21.23%), Vitamin C: 17.51mg (21.22%), Vitamin B6: 0.37mg (18.33%), Magnesium: 59.15mg (14.79%), Iron: 1.86mg (10.31%), Vitamin B5: 1.01mg (10.05%), Manganese: 0.19mg (9.73%), Vitamin B2: 0.16mg (9.65%), Fiber: 2.39g (9.54%), Vitamin B1: 0.13mg (8.96%), Copper: 0.18mg (8.86%), Vitamin E: 1.06mg (7.05%), Calcium: 51.5mg (5.15%), Zinc: 0.77mg (5.12%)