



Sake-Steamed Halibut with Dilled Carrots

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 2 cups carrots peeled thinly sliced
- ☐ 4 teaspoons optional: dill fresh chopped
- ☐ 2 garlic clove peeled halved
- ☐ 20 ounce pacific halibut filets thick (each)
- ☐ 3.5 inch onion
- ☐ 750 ml rice wine

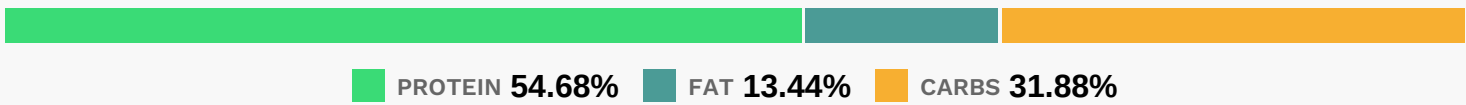
Equipment

- ☐ bowl
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Spray steamer rack with nonstick spray.
- ☐ Sprinkle both sides of halibut with salt and pepper, then sprinkle top of fillets with 2 teaspoons dill; place fish on prepared steamer rack.
- ☐ Combine sake and onion in large pot; bring to boil. Continue to boil 2 minutes.
- ☐ Add carrots and garlic to pot; return to boil.
- ☐ Place steamer rack with fish over liquid in pot. Cover pot tightly and steam fish until just opaque in center, about 8 minutes.
- ☐ Transfer fish to platter.
- ☐ Cut each fillet crosswise in half; cover with foil. Discard onion. Using slotted spoon, transfer carrots and garlic to small bowl; mix in butter and remaining 2 teaspoons dill. Season with salt and pepper. Spoon carrots alongside fish on platter. Boil liquid in pot until reduced to 6 tablespoons, about 3 minutes.
- ☐ Pour over fish and carrots.

Nutrition Facts



Properties

Glycemic Index:54.71, Glycemic Load:2.22, Inflammation Score:-10, Nutrition Score:22.463043575702%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 422.23kcal (21.11%), Fat: 3.06g (4.71%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 14.49g (5.27%), Sugar: 3.14g (3.49%), Cholesterol: 72.14mg (24.05%), Sodium: 152.79mg (6.64%), Alcohol: 30.62g (100%), Alcohol %: 9.68% (100%), Protein: 28.05g (56.09%), Vitamin A: 10825.95IU (216.52%), Selenium: 67.6µg (96.57%), Vitamin B3: 9.87mg (49.36%), Vitamin D: 6.66µg (44.41%), Vitamin B6: 0.89mg (44.33%), Phosphorus: 371.64mg (37.16%), Vitamin B12: 1.56µg (26.02%), Potassium: 879.25mg (25.12%), Magnesium: 52.37mg (13.09%), Vitamin E: 1.32mg (8.78%), Vitamin K: 8.57µg (8.16%), Vitamin B1: 0.12mg (7.82%), Folate: 29.82µg (7.46%), Fiber: 1.86g (7.45%), Manganese: 0.14mg (6.82%), Vitamin B5: 0.67mg (6.74%), Vitamin C: 4.49mg (5.45%), Vitamin B2: 0.08mg (4.86%), Zinc: 0.73mg (4.83%), Calcium: 44.29mg (4.43%), Copper: 0.08mg (4.2%), Iron: 0.65mg (3.59%)