



WHATSheATE



SUNDAY



HEALTH SCORE

100%

PEERS

Sautéed Halibut with Arugula, Roasted Beets, and Horseradish Crème Fraîche



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces arugula cleaned
- ☐ 6 servings crème fraîche with horseradish crème fraîche
- ☐ 2 tablespoons flat parsley coarsely chopped
- ☐ 6 fillet pacific halibut filets
- ☐ 6 servings pepper black freshly ground
- ☐ 1 lemon zest
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 tablespoons olive oil extra virgin extra-virgin for drizzling
- ☐ 1 tablespoon thyme leaves

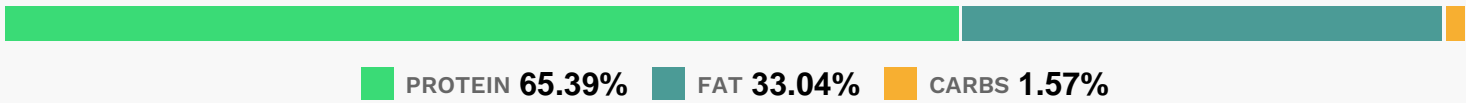
Equipment

- ☐ frying pan

Directions

- ☐ Season the fish with the lemon zest, thyme, and parsley. Cover, and refrigerate at least 4 hours or overnight.
- ☐ Remove the fish from the refrigerator 15 minutes before cooking, to bring it to room temperature.
- ☐ Heat a large sauté pan over high heat for 2 minutes. (Depending on the size of your pan, you may need to cook the fish in batches or in two pans.) Season the fish on both sides with salt and pepper. Swirl the regular extra-virgin olive oil into the pan and wait 1 minute. Carefully lay the fish in the pan, and cook 3 to 4 minutes, until it's lightly browned. Turn the fish over, lower the heat to medium-low, and cook a few more minutes, until it's almost cooked through. Be careful not to overcook the fish. When it's done, the fish will begin to flake and separate a little, and the center will still be slightly translucent. Remember, the halibut will continue to cook for a bit once you take it out of the pan.
- ☐ Scatter half of the arugula over a large platter. Arrange the beets on top, and drizzle with half the horseradish cream. Tuck the rest of the arugula among the beets, so you can see the beets peeking through. Nestle the fish in the salad, and spoon a little horseradish cream over each piece.
- ☐ Drizzle the whole dish with the super-good olive oil and a big squeeze of lemon.
- ☐ She and her business partner, Caroline Styne, also run the restaurant A.O.C. in Los Angeles, where Goin lives with her husband, David Lentz.Teri Gelber is a food writer and public-radio producer living in Los Angeles.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:37.151304555976%

Flavonoids

Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 484.65kcal (24.23%), Fat: 17.25g (26.54%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.85g (0.94%), Cholesterol: 207mg (69%), Sodium: 287.38mg (12.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.8g (153.6%), Selenium: 186.56µg (266.52%), Vitamin B3: 26.67mg (133.37%), Vitamin D: 19.18µg (127.84%), Vitamin B6: 2.26mg (113.09%), Phosphorus: 984.12mg (98.41%), Vitamin B12: 4.51µg (75.22%), Potassium: 1877.05mg (53.63%), Vitamin K: 48.43µg (46.12%), Magnesium: 106.78mg (26.69%), Vitamin E: 3.97mg (26.49%), Vitamin A: 965.4IU (19.31%), Folate: 70.71µg (17.68%), Vitamin B5: 1.54mg (15.37%), Vitamin B1: 0.22mg (14.48%), Zinc: 1.64mg (10.91%), Vitamin B2: 0.17mg (9.8%), Vitamin C: 7.87mg (9.54%), Calcium: 79.36mg (7.94%), Iron: 1.29mg (7.19%), Manganese: 0.14mg (7.09%), Copper: 0.12mg (6.05%), Fiber: 0.64g (2.56%)