



 **71%**  
HEALTH SCORE

## Sautéed Halibut with Gazpacho Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



**18 min.**

SERVINGS



**2**

CALORIES



**285 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce alaskan halibut fresh or any fish available
- 2 cups salad greens mixed
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 2 servings gazpacho salsa
- 0.3 teaspoon salt

### Equipment

- frying pan

## Directions

- Sprinkle fish with salt and pepper.
- Heat oil in a large skillet over medium-high heat.
- Add fish; cook 3 minutes on each side or until fish flakes easily with a fork.
- Place 1 cup salad greens (prepared as described above) on each plate.
- Serve with Gazpacho Salsa topped with fish.

## Nutrition Facts

**PROTEIN 62.09%** **FAT 32.73%** **CARBS 5.18%**

## Properties

Glycemic Index:41, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:25.020434742389%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 284.57kcal (14.23%), Fat: 10.11g (15.56%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.22g (1.36%), Cholesterol: 111.13mg (37.04%), Sodium: 665.42mg (28.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.17g (86.34%), Selenium: 103.88µg (148.4%), Vitamin B3: 15.35mg (76.73%), Vitamin D: 10.66µg (71.06%), Vitamin B6: 1.33mg (66.59%), Phosphorus: 561.47mg (56.15%), Vitamin B12: 2.49µg (41.58%), Potassium: 1141.38mg (32.61%), Vitamin E: 2.78mg (18.56%), Magnesium: 61.8mg (15.45%), Vitamin A: 761.32IU (15.23%), Vitamin C: 9.89mg (11.99%), Folate: 43.34µg (10.83%), Vitamin B1: 0.14mg (9.12%), Vitamin B5: 0.89mg (8.94%), Manganese: 0.15mg (7.63%), Zinc: 0.97mg (6.45%), Vitamin B2: 0.1mg (5.81%), Vitamin K: 5.97µg (5.68%), Copper: 0.1mg (4.83%), Iron: 0.82mg (4.53%), Calcium: 31.39mg (3.14%), Fiber: 0.64g (2.56%)