



Sautéed Halibut with Lemon-Pesto Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter softened
- ☐ 1.5 teaspoons basil fresh finely chopped
- ☐ 24 ounce pacific halibut filets skinless
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 tablespoon pesto refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon shallots finely chopped

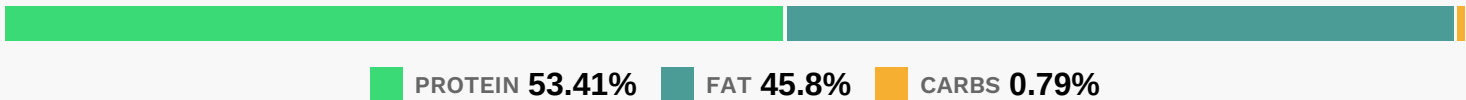
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring until well blended.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fillets evenly on both sides with salt and pepper. Coat pan with cooking spray.
- ☐ Add fillets to pan; saut 5 minutes on each side or until fish flakes easily with a fork or until desired degree of doneness.
- ☐ Serve fish with butter mixture.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:17.818260849818%

Nutrients (% of daily need)

Calories: 245.23kcal (12.26%), Fat: 12.17g (18.72%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.18g (0.2%), Cholesterol: 106.22mg (35.41%), Sodium: 363.67mg (15.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.86%), Selenium: 77.68µg (110.97%), Vitamin B3: 11.08mg (55.4%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.93mg (46.74%), Phosphorus: 404.4mg (40.44%), Vitamin B12: 1.89µg (31.48%), Potassium: 745.48mg (21.3%), Magnesium: 39.61mg (9.9%), Vitamin A: 454.43IU (9.09%), Vitamin E: 1.28mg (8.55%), Vitamin B5: 0.6mg (5.98%), Vitamin B1: 0.09mg (5.74%), Folate: 20.97µg (5.24%), Zinc: 0.63mg (4.17%), Vitamin B2: 0.05mg (3.24%), Calcium: 21.42mg (2.14%), Copper: 0.04mg (2.04%), Iron: 0.31mg (1.74%), Manganese: 0.03mg (1.45%)