



WHATSheATE



HEALTH SCORE

93%

Sautéed Halibut with Romesco Sauce



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ancho pepper dried stemmed seeded
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 ounce bread whole-wheat
- ☐ 2 garlic cloves chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 24 ounce pacific halibut filets
- ☐ 4 lemon wedges
- ☐ 1 tablespoon olive oil

- ☐ 2 medium bell peppers red
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 tablespoons slivered almonds toasted
- ☐ 0.3 teaspoon sugar

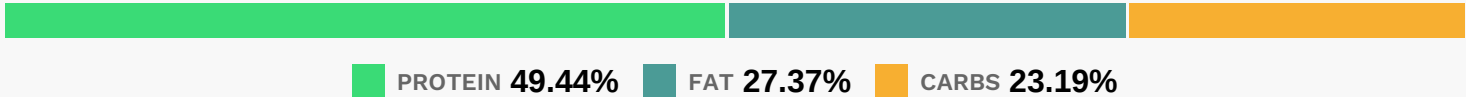
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half; discard seeds and membranes.
- ☐ Place bell peppers, skin sides up, on a baking sheet; flatten. Broil 10 minutes or until blackened.
- ☐ Add ancho; broil 2 minutes.
- ☐ Place bell peppers in a paper bag; close tightly.
- ☐ Let stand 5 minutes; peel.
- ☐ Place bell peppers, ancho, 1/4 teaspoon salt, and next 8 ingredients (through bread) in a food processor; process until smooth.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Sprinkle 1/4 teaspoon salt over fish. Coat pan with cooking spray.
- ☐ Add fish to pan; cook 6 minutes on each side or until desired degree of doneness. Top with sauce; serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:85.06, Glycemic Load:3.23, Inflammation Score:-10, Nutrition Score:32.903478435848%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 3.85mg, Eriodictyol: 3.85mg, Eriodictyol: 3.85mg, Eriodictyol: 3.85mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 279.44kcal (13.97%), Fat: 8.62g (13.26%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 11.33g (4.12%), Sugar: 7.38g (8.2%), Cholesterol: 83.35mg (27.78%), Sodium: 451.22mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.02g (70.04%), Selenium: 80.42µg (114.89%), Vitamin C: 89mg (107.87%), Vitamin A: 4325.57IU (86.51%), Vitamin B3: 12.98mg (64.91%), Vitamin B6: 1.22mg (61.2%), Vitamin D: 7.99µg (53.3%), Phosphorus: 463.85mg (46.38%), Vitamin E: 4.88mg (32.53%), Potassium: 1101.88mg (31.48%), Vitamin B12: 1.87µg (31.18%), Fiber: 5.1g (20.39%), Manganese: 0.38mg (18.88%), Magnesium: 69.27mg (17.32%), Vitamin B2: 0.27mg (16.1%), Folate: 62.03µg (15.51%), Vitamin K: 13.01µg (12.39%), Vitamin B1: 0.17mg (11.44%), Vitamin B5: 0.98mg (9.76%), Iron: 1.62mg (9%), Zinc: 1.07mg (7.16%), Copper: 0.13mg (6.6%), Calcium: 47.4mg (4.74%)