



WHATSheATE



HEALTH SCORE

68%

Seared Halibut With Herbed Tomato Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



31 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



14.5 oz canned tomatoes diced canned



1 tablespoon capers drained



0.3 teaspoon basil dried



2 teaspoons olive oil extra virgin



2 garlic cloves minced



24 oz pacific halibut filets (1/)



0.5 medium onion chopped



0.3 teaspoon oregano dried

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt divided

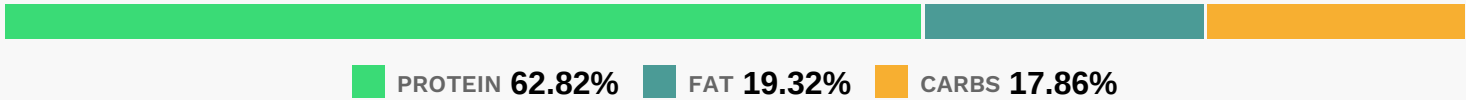
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pat fish dry with paper towels. Season fish with 1/4 tsp. salt and 1/4 tsp. pepper. Cook fish in hot oil in a large skillet over medium-high heat 3 to 4 minutes on each side or until fish flakes with a fork and is opaque throughout.
- ☐ Transfer fish to a serving platter, and keep warm.
- ☐ Add onion and garlic to skillet, and saut 1 to 2 minutes or until onion is tender. Stir in capers, basil, oregano, and remaining 1/4 tsp. salt; cook 1 minute. Reduce heat to low, add tomatoes, and cook, stirring occasionally, 10 minutes. Top fish with tomato sauce.
- ☐ *Frozen halibut or fresh or frozen cod may be substituted.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:2.55, Inflammation Score:-7, Nutrition Score:23.246956514276%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 214.34kcal (10.72%), Fat: 4.6g (7.08%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 7.18g (2.61%), Sugar: 5.13g (5.71%), Cholesterol: 83.35mg (27.78%), Sodium: 598.33mg (26.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.66g (67.31%), Selenium: 78.5µg (112.14%), Vitamin B3: 12.38mg (61.89%), Vitamin B6: 1.12mg (56.22%), Vitamin D: 7.99µg (53.3%), Phosphorus: 441.35mg (44.14%), Vitamin

B12: 1.87µg (31.18%), Potassium: 1072.88mg (30.65%), Vitamin E: 2.66mg (17.75%), Magnesium: 63.09mg (15.77%), Manganese: 0.28mg (14.01%), Vitamin C: 11.03mg (13.37%), Copper: 0.25mg (12.43%), Vitamin B1: 0.17mg (11.48%), Iron: 1.82mg (10.13%), Fiber: 2.39g (9.56%), Folate: 37.4µg (9.35%), Vitamin B5: 0.9mg (8.99%), Vitamin K: 9.28µg (8.83%), Vitamin A: 341.36IU (6.83%), Vitamin B2: 0.11mg (6.72%), Zinc: 0.95mg (6.31%), Calcium: 57.68mg (5.77%)