



 **79%**
HEALTH SCORE

Seared Halibut with Sauteed Swiss Chard and Salsa Cruda

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



1

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slice bacon cut into 1/2-inch lengths (lardons)
- 3 basil leaves
- 0.3 cup chicken stock see divided
- 1 pinch pepper red crushed
- 1 clove garlic smashed
- 1 clove garlic smashed finely chopped
- 6 ounce halibut filet

- 0.5 pound heirloom tomatoes assorted stemmed seeded cut into 1/4-inch dice (colors preferred)
- 5 kalamata olives pitted
- 1 serving kosher salt
- 1 serving olive oil
- 1.5 tablespoons olive oil extra-virgin
- 1 sprig oregano fresh chopped
- 0.3 small onion red cut into 1/4-inch dice
- 1.5 tablespoons red wine vinegar
- 1 serving salt
- 4 large swiss chard leaves cut into 1/2-inch lengths, leaves cut into 1-inch lengths
- 0.5 small zucchini green cut into 1/4-inch dice

Equipment

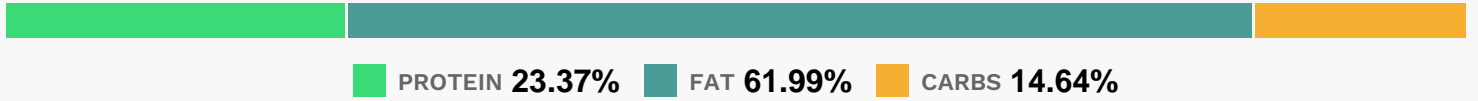
- bowl
- frying pan
- paper towels

Directions

- Coat a saute pan with olive oil. Toss in the garlic clove, crushed red pepper, bacon, and a couple drops of olive oil. Bring the pan to a medium heat. When the garlic is golden and very aromatic, remove it and discard. When the bacon has become crispy, toss in the Swiss chard stems, half of the chicken stock, and season with salt. When the chicken stock has reduced, toss in the Swiss chard leaves and season with salt. Cook the leaves until they are just wilted, about 3 to 4 minutes.
- Coat another saute pan with olive oil and bring to a high heat. Pat the halibut fillet dry with a paper towel and season with salt.
- When the oil in the pan is very hot but not yet smoking, place the fish flesh side down and cook for 3 to 4 minutes. As the fish cooks it will turn from translucent to opaque. Turn the fish over and cook for another 3 to 4 minutes. When the fish is done it should be golden and firm but still moist.
- Place the Swiss chard in the center of the serving plate.

- Lay the fish directly on top. Top the fish with the Salsa Cruda.
- Combine all the ingredients in a large bowl. Season generously with salt. Taste to make sure it is delicious. Adjust seasonings if needed.

Nutrition Facts



Properties

Glycemic Index:297, Glycemic Load:4.98, Inflammation Score:-10, Nutrition Score:53.066521561664%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 11.53mg, Kaempferol: 11.53mg, Kaempferol: 11.53mg, Kaempferol: 11.53mg Myricetin: 6.35mg, Myricetin: 6.35mg, Myricetin: 6.35mg, Myricetin: 6.35mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 723.93kcal (36.2%), Fat: 50.97g (78.41%), Saturated Fat: 9.07g (56.7%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 18.54g (6.74%), Sugar: 11.93g (13.25%), Cholesterol: 99.67mg (33.22%), Sodium: 1478.51mg (64.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.45%), Vitamin K: 1653.26µg (1574.53%), Vitamin A: 14080.5IU (281.61%), Vitamin C: 103.63mg (125.62%), Selenium: 86.44µg (123.48%), Vitamin E: 12.3mg (82%), Vitamin B6: 1.63mg (81.67%), Vitamin B3: 15.52mg (77.62%), Potassium: 2378.16mg (67.95%), Manganese: 1.35mg (67.46%), Phosphorus: 638.17mg (63.82%), Magnesium: 248.93mg (62.23%), Vitamin D: 8.08µg (53.88%), Fiber: 8.54g (34.16%), Iron: 6.12mg (34.03%), Copper: 0.66mg (33.15%), Vitamin B12: 1.98µg (33.02%), Folate: 110.06µg (27.52%), Vitamin B1: 0.39mg (25.81%), Vitamin B2: 0.42mg (24.65%), Calcium: 208.77mg (20.88%), Zinc: 2.42mg (16.14%), Vitamin B5: 1.45mg (14.54%)