

 100%
HEALTH SCORE

Snoqualmie River



Gluten Free



Dairy Free



Very Healthy

READY IN



100 min.

SERVINGS



2

CALORIES



1663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chives minced
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 1 tablespoon ginger minced
- ☐ 2 tablespoons grapeseed oil
- ☐ 4 tablespoons grapeseed oil
- ☐ 4 fillet halibut
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest minced

- ☐ 1 teaspoon juice of lime
- ☐ 0.5 teaspoon lime zest minced
- ☐ 1 tablespoon roasted garlic minced
- ☐ 4 fillet salmon
- ☐ 1 pinch salt
- ☐ 4 medium size scallops
- ☐ 1 shallots minced
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.3 teaspoon ground star anise
- ☐ 2 tablespoons tarragon leaves chopped

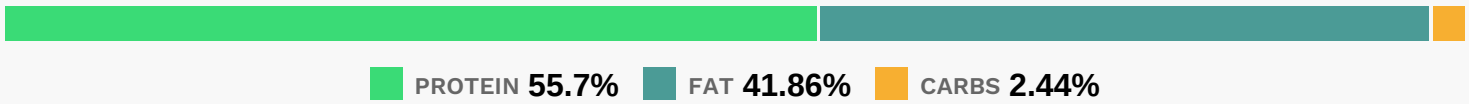
Equipment

- ☐ oven

Directions

- ☐ Heat food-safe stones of your choice in a 475 degree F oven a minimum of 2 hours. Prepare the 3 different marinades separately.
- ☐ Add fish to appropriate marinades and let rest in a cool place for a minimum of 1 hour.
- ☐ Remove stones carefully from oven and place on a salted tray. Cook fish separately on each stone for 1 to 2 minutes each side.
- ☐ Remove fish from rocks and place on desired garnishes.

Nutrition Facts



Properties

Glycemic Index:215, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:62.502609024877%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg,

Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 1662.6kcal (83.13%), Fat: 75.25g (115.78%), Saturated Fat: 9.94g (62.15%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 8.51g (3.09%), Sugar: 1.35g (1.5%), Cholesterol: 594.04mg (198.01%), Sodium: 849.36mg (36.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 225.28g (450.56%), Selenium: 501.14µg (715.91%), Vitamin B3: 80.81mg (404.04%), Vitamin B6: 7.55mg (377.69%), Vitamin B12: 20.21µg (336.85%), Phosphorus: 2747.95mg (274.8%), Vitamin D: 38.35µg (255.68%), Potassium: 5589.24mg (159.69%), Vitamin E: 17.11mg (114.07%), Vitamin B2: 1.65mg (97.05%), Vitamin B5: 8.61mg (86.12%), Magnesium: 325.43mg (81.36%), Vitamin B1: 1.22mg (81.21%), Copper: 1.14mg (56.78%), Folate: 214.32µg (53.58%), Manganese: 0.85mg (42.4%), Iron: 7.01mg (38.97%), Zinc: 5.82mg (38.82%), Vitamin A: 1028.14IU (20.56%), Calcium: 200.49mg (20.05%), Vitamin C: 11.63mg (14.09%), Fiber: 1.35g (5.38%), Vitamin K: 1.25µg (1.19%)