



HEALTH SCORE

42%

Soy Ginger Glazed Halibut w/ Ginger Peach Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 2 tablespoon ginger fresh peeled finely chopped
- 1 pound pacific halibut filets
- 1 jalapeno seeded finely chopped
- 0.5 lime
- 1 tablespoon olive oil
- 1 large peaches ripe

- 1 tablespoon onion red finely chopped
- 0.5 cup soya sauce
- 0.3 cup sauvignon blanc white wine (I used sauvignon blanc)

Equipment

- bowl
- oven
- blender
- casserole dish

Directions

- Peel and roughly chop a piece of ginger.
- Place all marinade ingredients (soy sauce, white wine, olive oil, and 1 tablespoon chopped ginger) in a blender and blend until smooth. This step is important in order to get the ginger pulp and juices to infuse into the marinade. In a zip-lock bag (or bowl that you can cover) add the halibut fillets and marinade. Allow the fish to marinate for at least 20 minutes, but several hours is preferred if you are able to do this step ahead of time. Set your oven to broil, allow it to warm up then place the fish in a casserole dish with all of the marinade.
- Place the casserole dish on one of the top racks and allow to bake about 10-12 minutes, until there is a nice brown glaze on top and fish is cooked all the way through. To make the ginger peach relish, combine the chopped peach, red onion, jalapeno, apple cider vinegar, the juice of the half lime, and 1 tablespoon of ginger in a bowl, stir and refrigerate until ready to use. Allowing the relish to sit for a few hours before consuming gives the flavors time to combine.

Nutrition Facts



Properties

Glycemic Index:125.63, Glycemic Load:4.26, Inflammation Score:-8, Nutrition Score:29.403913043478%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg,

Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg
Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg,
Epigallocatechin 3-gallate: 0.26mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg
Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg
Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.23mg,
Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin:
2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 381.51kcal (19.08%), Fat: 10.43g (16.04%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 16.74g (5.58%),
Net Carbohydrates: 14.07g (5.12%), Sugar: 9.29g (10.32%), Cholesterol: 111.13mg (37.04%), Sodium: 3408.02mg
(148.17%), Alcohol: 3.1g (17.21%), Protein: 49.46g (98.92%), Selenium: 105.9µg (151.29%), Vitamin B3: 17.94mg
(89.71%), Vitamin B6: 1.43mg (71.72%), Vitamin D: 10.66µg (71.06%), Phosphorus: 639.75mg (63.98%), Vitamin B12:
2.49µg (41.58%), Potassium: 1298.09mg (37.09%), Vitamin E: 3.34mg (22.25%), Magnesium: 88.68mg (22.17%),
Manganese: 0.44mg (21.79%), Vitamin C: 17.48mg (21.19%), Iron: 2.28mg (12.67%), Vitamin B5: 1.21mg (12.09%),
Vitamin B1: 0.18mg (12.03%), Folate: 47.86µg (11.96%), Copper: 0.23mg (11.59%), Vitamin B2: 0.2mg (11.49%), Fiber:
2.67g (10.67%), Vitamin A: 521.14IU (10.42%), Zinc: 1.33mg (8.89%), Vitamin K: 8.26µg (7.87%), Calcium: 40.73mg
(4.07%)