



Soy-Ginger Steamed Halibut with Vegetables

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup julienne-cut bell pepper red (1 large)
- ☐ 0.5 cup carrots shredded
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 cup diagonally cut green onions
- ☐ 24 ounce pacific halibut filets
- ☐ 2.5 teaspoons jalapeño minced seeded (1 small)
- ☐ 0.3 cup juice of lime fresh

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 ounces mushroom caps thinly sliced
- ☐ 8 ounces buckwheat soba noodles
- ☐ 1 cup sugar snap peas trimmed

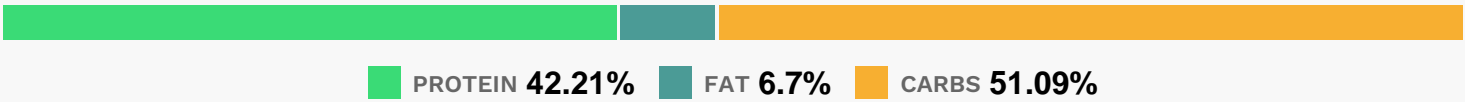
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 4 ingredients, stirring with a whisk. Set aside.
- ☐ Fold 4 (16 x 12-inch) sheets of heavy-duty aluminum foil in half crosswise. Open foil; layer 2 tablespoons carrot, 1 tablespoon onions, 1/4 cup sugar snap peas, 1/4 cup mushrooms, and 1/4 cup bell pepper on half of each foil sheet. Dip fillets into soy mixture, turning to coat evenly.
- ☐ Place one fillet on each mound of vegetables. Spoon remaining soy mixture evenly over each serving. Fold foil over halibut; tightly seal edges.
- ☐ Place packets on a baking sheet.
- ☐ Bake at 425 for 13 minutes.
- ☐ Remove from oven; let stand 3 minutes.
- ☐ While packets bake, cook soba according to package directions, omitting salt and fat.
- ☐ Drain and rinse under cold water; drain.
- ☐ Place 1 cup soba on each of 4 plates. Top each serving with contents of 1 packet.
- ☐ Sprinkle each serving with 1 tablespoon cilantro.
- ☐ Serve immediately.
- ☐ Wine note: Soy, which is salty, and jalapeos, which have a fiery heat, both need a fruity wine to cushion their impact. A California riesling works well. Most California rieslings are very fruity and less crisp than their European counterparts. Try Jekel Riesling 2005 from Monterey (\$13).

Nutrition Facts



Properties

Glycemic Index:81.08, Glycemic Load:23.56, Inflammation Score:-10, Nutrition Score:37.613912851914%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 394.05kcal (19.7%), Fat: 3.03g (4.67%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 52.07g (17.36%), Net Carbohydrates: 49.37g (17.95%), Sugar: 4.29g (4.76%), Cholesterol: 83.35mg (27.78%), Sodium: 1155.34mg (50.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.03%), Selenium: 78.76µg (112.52%), Vitamin C: 73.1mg (88.61%), Vitamin A: 4390.58IU (87.81%), Vitamin B3: 14.41mg (72.06%), Vitamin B6: 1.33mg (66.59%), Phosphorus: 622.36mg (62.24%), Vitamin D: 8.05µg (53.68%), Manganese: 1mg (49.96%), Potassium: 1215.96mg (34.74%), Vitamin B12: 1.87µg (31.18%), Magnesium: 123.03mg (30.76%), Vitamin B1: 0.44mg (29.51%), Vitamin K: 26.77µg (25.5%), Folate: 100.92µg (25.23%), Vitamin B5: 1.78mg (17.76%), Iron: 2.94mg (16.31%), Vitamin B2: 0.27mg (15.64%), Zinc: 2.1mg (14.02%), Vitamin E: 2.1mg (14.01%), Copper: 0.25mg (12.36%), Fiber: 2.71g (10.83%), Calcium: 63.18mg (6.32%)