



Spicy Halibut Baked in Phyllo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon chipotle chile powder
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 24 ounce pacific halibut filets
- ☐ 1 teaspoon honey
- ☐ 1 juice of lime
- ☐ 4 teaspoons mayonnaise reduced-fat

- ☐ 0.1 teaspoon pepper
- ☐ 6 sheets phyllo dough frozen thawed
- ☐ 0.1 teaspoon salt

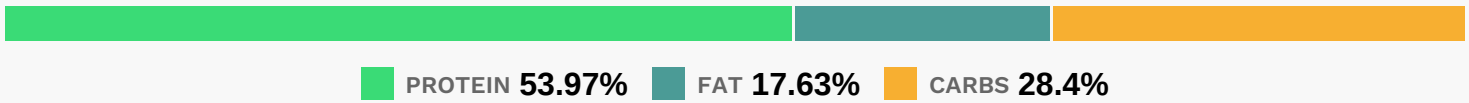
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ In a bowl, combine mayonnaise, cayenne pepper, chile powder, lime juice, cilantro, mint, honey, salt, and pepper; set aside. Lightly coat 6 sheets thawed phyllo dough with cooking spray. Make 2 stacks of 3 phyllo sheets; cut stacks in half. Coat halibut fillets on 1 side with 1 teaspoon mayo mixture; place each fillet in middle of each phyllo stack, mayo side down. Trim excess dough; fold into a bundle.
- ☐ Place each package, seam-side down, onto a coated pan.
- ☐ Bake 20–25 minutes or until golden and fish is cooked through.
- ☐ Serve with mayo mixture.

Nutrition Facts



Properties

Glycemic Index:59.07, Glycemic Load:6.26, Inflammation Score:-5, Nutrition Score:19.94304334599%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 258.33kcal (12.92%), Fat: 4.9g (7.54%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 17.05g (6.2%), Sugar: 1.9g (2.11%), Cholesterol: 83.99mg (28%), Sodium: 359.65mg (15.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.54%), Selenium: 84.35µg (120.49%), Vitamin B3: 12.26mg (61.3%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.95mg (47.37%), Phosphorus: 425.05mg (42.5%), Vitamin B12: 1.87µg (31.18%), Potassium: 775.85mg (22.17%), Vitamin B1: 0.24mg (16.13%), Folate: 46.67µg (11.67%), Magnesium: 44.46mg (11.12%), Vitamin B2: 0.15mg (8.91%), Manganese: 0.17mg (8.44%), Vitamin E: 1.2mg (8.02%), Vitamin B5: 0.68mg (6.84%), Iron: 1.23mg (6.81%), Zinc: 0.77mg (5.13%), Copper: 0.07mg (3.65%), Vitamin A: 178.37IU (3.57%), Vitamin K: 3.26µg (3.11%), Vitamin C: 2.38mg (2.89%), Fiber: 0.72g (2.87%), Calcium: 17.1mg (1.71%)