



 **100%**
HEALTH SCORE

Steamed Halibut with Kale and Walnuts

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

READY IN



20 min.

SERVINGS



4

CALORIES



1252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings roasted acorn squash
- 4 servings pepper black freshly ground
- 2 large garlic cloves minced
- 10 fillet halibut (cut into 10 equal servings)
- 8 cups kale washed trimmed well
- 1.5 teaspoons kosher salt
- 2 lemons
- 0.3 cup olive oil

- 3 tablespoons butter unsalted
- 0.5 cup walnuts chopped

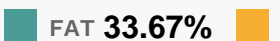
Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Heat oven to 400 F. Coat both sides of all the fish with 2 tablespoons of the oil and place in a single layer in a roasting pan. Season with 1 teaspoon of the salt and a few grinds of pepper.
- Cut the lemons crosswise into 10 slices and place on top of the fish. Roast until the fish is just cooked through, about 15 minutes. Meanwhile, in a large skillet, melt 2 tablespoons of the butter over medium heat.
- Add the walnuts. Stir occasionally until lightly browned, 3 minutes.
- Remove from skillet and set aside in a bowl.
- Add the remaining oil and butter and the garlic to the skillet; cook for 30 seconds.
- Add the kale, 1/2 cup water, and the remaining salt. Toss, cover, and cook until wilted, 5 minutes.
- Add the walnuts.
- Serve 4 fillets with the kale and the Roasted Acorn Squash. Reserve 4 fillets for Halibut Wrapped in Grape Leaves; freeze the other

Nutrition Facts

 **PROTEIN 63.21%**  **FAT 33.67%**  **CARBS 3.12%**

Properties

Glycemic Index:47.38, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:61.774782678355%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg Kaempferol: 19.68mg, Kaempferol: 19.68mg, Kaempferol: 19.68mg, Kaempferol: 19.68mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 10.13mg, Quercetin: 10.13mg, Quercetin: 10.13mg, Quercetin: 10.13mg

Nutrients (% of daily need)

Calories: 1251.72kcal (62.59%), Fat: 45.92g (70.64%), Saturated Fat: 11.23g (70.19%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 5.28g (1.92%), Sugar: 2.09g (2.32%), Cholesterol: 522.38mg (174.13%), Sodium: 1591.02mg (69.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 193.97g (387.93%), Selenium: 466.76µg (666.8%), Vitamin B3: 67.14mg (335.69%), Vitamin D: 48.1µg (320.65%), Vitamin B6: 5.79mg (289.69%), Phosphorus: 2494.88mg (249.49%), Vitamin B12: 11.24µg (187.3%), Vitamin K: 173.25µg (165%), Potassium: 4735.83mg (135.31%), Vitamin A: 5160.75IU (103.22%), Vitamin C: 68.62mg (83.17%), Magnesium: 276.99mg (69.25%), Vitamin E: 8.87mg (59.15%), Manganese: 0.95mg (47.33%), Folate: 169.26µg (42.31%), Vitamin B1: 0.63mg (42.26%), Vitamin B5: 3.75mg (37.49%), Zinc: 4.35mg (29.01%), Vitamin B2: 0.49mg (28.82%), Copper: 0.52mg (25.91%), Calcium: 213.14mg (21.31%), Iron: 3.18mg (17.67%), Fiber: 4.29g (17.14%)