



Stuffed Halibut

 **Gluten Free**

READY IN



35 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce cream cheese softened
- 0.5 teaspoon basil dried
- 6 servings ground pepper black to taste
- 36 ounce fillets halibut
- 1 optional: lemon
- 6 servings salt to taste
- 0.5 pound salad shrimp cooked

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 325 degrees F (165 degrees C). Line a cookie sheet with foil.
- In a small bowl, mix together cream cheese and shrimp. Season to taste with basil, salt and pepper.
- Make a pocket in each of the fillets, making sure you do not cut through on three sides. Divide the cream cheese mixture into 6 parts, and stuff each fillet.
- Place on foil lined pan. Squeeze lemon juice over fish.
- Bake for 20 minutes, or until fish is thoroughly done.

Nutrition Facts

PROTEIN 51.86% **FAT 43.34%** **CARBS 4.8%**

Properties

Glycemic Index:22.42, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:21.098695537318%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 324.88kcal (16.24%), Fat: 15.52g (23.87%), Saturated Fat: 8.18g (51.13%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.31g (1.2%), Sugar: 1.87g (2.08%), Cholesterol: 182.38mg (60.79%), Sodium: 473.57mg (20.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.79g (83.58%), Selenium: 80.89µg (115.56%), Vitamin B3: 11.13mg (55.65%), Vitamin D: 7.99µg (53.3%), Phosphorus: 526.03mg (52.6%), Vitamin B6: 0.97mg (48.46%), Vitamin B12: 1.95µg (32.57%), Potassium: 918.01mg (26.23%), Magnesium: 57.96mg (14.49%), Vitamin A: 626.74IU

(12.53%), Vitamin C: 9.54mg (11.56%), Copper: 0.2mg (10.18%), Vitamin E: 1.4mg (9.33%), Zinc: 1.33mg (8.84%), Vitamin B2: 0.14mg (8.4%), Vitamin B5: 0.84mg (8.35%), Calcium: 79.87mg (7.99%), Vitamin B1: 0.1mg (6.74%), Folate: 26.07µg (6.52%), Iron: 0.7mg (3.91%), Manganese: 0.06mg (3.11%), Vitamin K: 2.39µg (2.27%), Fiber: 0.56g (2.24%)