



## Tarragon-Roasted Halibut with Hazelnut Brown Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 large bunch tarragon fresh
- ☐ 3 pounds pacific halibut filets skinless halved lengthwise ( if very wide)
- ☐ 0.5 cup hazelnuts
- ☐ 8 servings pepper freshly ground
- ☐ 1 halves optional: lemon
- ☐ 0.3 cup juice of lemon fresh
- ☐ 4 tablespoons olive oil divided

☐ 0.5 cup butter unsalted (1 stick)

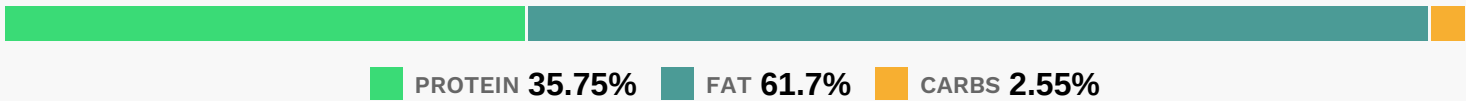
## Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread hazelnuts in a single layer on a rimmed baking sheet and toast, stirring occasionally, until golden, 8–10 minutes. Coarsely chop; set aside.
- ☐ Reduce oven temperature to 300°F. Scatter tarragon sprigs on a large rimmed baking sheet.
- ☐ Place halibut on top, drizzle with 2 tablespoons oil, and season with salt and pepper. Roast until halibut is just opaque in the center, 20–30 minutes, depending on thickness of fish.
- ☐ Meanwhile, melt butter in a small saucepan over medium–high heat. Cook, stirring often, until butter foams, then browns (don't let it burn), about 5 minutes.
- ☐ Remove from heat; let brown butter cool slightly. Stir in lemon juice, hazelnuts, and remaining 2 tablespoons oil; season with salt and pepper.
- ☐ Serve fish with hazelnut brown butter sauce and lemon halves.

## Nutrition Facts



## Properties

Glycemic Index:24.06, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:21.897826205129%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg

0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 370.41kcal (18.52%), Fat: 25.42g (39.11%), Saturated Fat: 9.11g (56.93%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.53g (0.59%), Cholesterol: 113.85mg (37.95%), Sodium: 118.09mg (5.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.15g (66.3%), Selenium: 77.94µg (111.35%), Vitamin B3: 11.31mg (56.56%), Vitamin D: 8.21µg (54.72%), Vitamin B6: 1mg (50.14%), Phosphorus: 430.5mg (43.05%), Vitamin B12: 1.9µg (31.59%), Manganese: 0.58mg (28.79%), Potassium: 833.95mg (23.83%), Vitamin E: 3.51mg (23.42%), Magnesium: 55.74mg (13.93%), Vitamin A: 513.04IU (10.26%), Vitamin B1: 0.14mg (9.23%), Copper: 0.18mg (8.99%), Folate: 33.61µg (8.4%), Vitamin B5: 0.68mg (6.8%), Vitamin K: 6.44µg (6.13%), Zinc: 0.85mg (5.69%), Iron: 1.01mg (5.59%), Vitamin C: 3.99mg (4.84%), Vitamin B2: 0.08mg (4.65%), Calcium: 36.25mg (3.63%), Fiber: 0.85g (3.41%)