

Deviled Halibut

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 4

*1 1/2 pounds halibut steak (one piece)
1/4 cup green pepper, chopped
1/4 cup minced onion
1 tablespoon prepared mustard
1 teaspoon Worcestershire sauce
1/8 teaspoon Tabasco sauce
3 1/2 tablespoons lemon juice
1/2 cup butter or margarine, melted
2 cups fine bread crumbs
2 tablespoons Parmesan cheese, grated
salt
pepper*

Preheat the oven to 350 degrees.

In a bowl, mix the green pepper, onion, mustard, Worcestershire sauce, Tabasco sauce and lemon juice.

In a bowl, mix the melted butter and bread crumbs. Combine both mixtures. Blend well.

Spread half of the mixture on top of the halibut steak, patting it down well.

Quickly place the halibut steak, crumb side down, in a shallow, greased casserole. Season the top side, to taste, with salt and pepper. Spread with the remaining crumb mixture.

Bake for 25 to 30 minutes or until the fish flakes easily with a fork.

Spread the Parmesan cheese on top.

Brown for 3 to 4 minutes under the broiler, watching carefully to see that it does not burn.

Per Serving (excluding unknown items): 228 Calories; 24g Fat (91.6% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 341mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

% Calories from Fat:	91.6%
% Calories from Carbohydrates:	5.4%
% Calories from Protein:	2.9%
Total Fat (g):	24g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	64mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	341mg
Potassium (mg):	74mg
Calcium (mg):	49mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	17mg
Vitamin A (i.u.):	948IU
Vitamin A (r.e.):	226 1/2RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 228 **Calories from Fat:** 209

% Daily Values*

Total Fat 24g	37%
Saturated Fat 15g	74%
Cholesterol 64mg	21%
Sodium 341mg	14%
Total Carbohydrates 3g	1%
Dietary Fiber trace	2%
Protein 2g	
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Vitamin A	19%
Vitamin C	29%
Calcium	5%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.