

# Garlic-Basil Halibut

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## Servings: 2

12 ounces fresh or frozen halibut steaks, about one-inch thick  
2 tablespoons snipped fresh basil  
1 tablespoon butter, melted  
1 clove garlic, minced  
1/8 teaspoon salt  
1/8 teaspoon black pepper

Thaw the fish, if frozen; rinse and pat dry with paper towels. If necessary, cut the fish into two serving-size pieces.

In a small bowl, combine the basil, melted butter, garlic, salt and black pepper. Brush the mixture over both sides of the halibut.

Place the fish on the unheated rack of a broiler pan. Broil four inches from the heat for 8 to 12 minutes or until the fish flakes easily when tested with a fork, turning once.

Start to Finish Time: 20 minutes

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Per Serving (excluding unknown items): 53 Calories; 6g Fat (94.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 187mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	53	Vitamin B6 (mg):	trace
% Calories from Fat:	94.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	1.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	trace
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Refuse:	0.0%
Carbohydrate (g):	1g		
Dietary Fiber (g):	trace	<b>Food Exchanges</b>	
Protein (g):	trace	Grain (Starch):	0
		Lean Meat:	0

