

Halibut with Tarragon-Lemon Breadcrumbs

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Servings: 4

2 tablespoons butter
1 clove garlic, minced
1 cup coarse fresh breadcrumbs
2 teaspoons fresh tarragon, minced
1 teaspoon lemon rind, finely grated
1/4 teaspoon salt
freshly ground black pepper
4 five-ounce halibut fillets
4 teaspoons mayonnaise
2 teaspoons prepared horseradish
lemon wedges

Preheat the oven to 400 degrees.

In a small skillet, melt the butter over medium heat. Add the garlic and saute' for 1 minute. Add the breadcrumbs, tarragon, lemon rind, salt and pepper. Stir well.

Place the halibut on a parchment-lined baking sheet. Combine the mayonnaise and horseradish. Spread over each fillet. Top with the crumbs, patting lightly to help them adhere.

Bake for 10 to 12 minutes or until the fish is tender and the crumbs are golden.

Per Serving (excluding unknown items): 199 Calories; 12g Fat (55.0% calories from fat); 21g Protein; 1g Carbohydrate; trace Dietary Fiber; 50mg Cholesterol; 281mg Sodium. Exchanges: 3 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	199	Vitamin B6 (mg):	.4mg
% Calories from Fat:	55.0%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	1.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	43.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	12g	Folacin (mcg):	10mcg
Saturated Fat (g):	4g	Niacin (mg):	6mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	50mg	% Refuse:	0.0%
Carbohydrate (g):	1g		

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 21g
Sodium (mg): 281mg
Potassium (mg): 474mg
Calcium (mg): 56mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 391IU
Vitamin A (r.e.): 104 1/2RE

Grain (Starch): 0
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 199 Calories from Fat: 109

% Daily Values*

Total Fat	12g	18%
Saturated Fat	4g	22%
Cholesterol	50mg	17%
Sodium	281mg	12%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	21g	

Vitamin A	8%
Vitamin C	6%
Calcium	6%
Iron	5%

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