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

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

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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):		Niacin (mg):	trace
	4g	Caffeine (mg):	0mg
Monounsaturated Fat (g):	2g	Alcohol (kcal):	Ō
Polyunsaturated Fat (g):	trace	% Dofuso:	n n%
Cholesterol (mg):	16mg		
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
			1

Sodium (mg):	187mg	Vegetable:	0
Potassium (mg):	9mg	Fruit:	0
Calcium (mg):	6mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	217IU		
Vitamin A (r.e.):	53 1/2RE		

Nutrition Facts Servings per Recipe: 2

Amount Per Serving				
Calories 53	Calories from Fat: 50			
	% Daily Values*			
Total Fat 6g Saturated Fat 4g Cholesterol 16mg Sodium 187mg Total Carbohydrates 1g Dietary Fiber trace Protein trace	9% 18% 5% 8% 0% 0%			
Vitamin A Vitamin C Calcium Iron	4% 1% 1% 0%			

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