



PARMESAN TOPPED HALIBUT

 8 portions

INGREDIENTS

- 1/2 cup grated Parmesan cheese
- 1/4 cup of butter, softened (57 g)
- 3 tbsps mayonnaise, regular (41 g)
- 2 tbsps of lemon juice
- 3 tbsps green onions
- 1/4 tsp of salt
- 1 dash of hot sauce (siracha or tabasco)
- 31.5 oz , or 2 lbs of skinless halibut fillets

COOKING METHOD

- 1° Preheat the oven broiler. Grease a baking dish. In a bowl, mix the Parmesan cheese, butter, mayonnaise, lemon juice, green onions, salt, and hot pepper sauce. Arrange the halibut fillets in the prepared baking dish. Broil halibut fillets 8 minutes in the prepared oven, or until easily flaked with a fork. Spread with the Parmesan cheese mixture, and continue broiling 2 minutes, or until topping is bubbly and lightly browned.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (137 g)	% DRI
ENERGY	157 kcal	216 kcal	11 %
FAT	9 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	4 g	6 g	28 %
CHOLESTEROL	57 mg	77 mg	26 %
SODIUM	261 mg	358 mg	15 %
CARBOHYDRATE	1 g	1 g	0 %
SUGARS	0 g	0 g	—
FIBER	0 g	0 g	0 %
PROTEIN	17 g	23 g	—