



1 Servings

nut crusted halibut (paleo)

Ingredients

halibut fish	6 oz
egg whites, cooked	1 large
almond flour	1/4 Cup(s)
black pepper	1/4 tsp

Nutrition Totals

Calories 346 / **Carbs** 7 g / **Protein** 41 g / **Fat** 4 g / **Fluid** 6 fl oz

Instructions

1. Place egg white in medium sized bowl.
2. Add desired amount of pepper to egg white.
3. Place almond flour on a plate.
4. Dip halibut in seasoned egg white until well coated.
5. Place egg-coated fish in nut flour. Coat both sides thoroughly with almond flour.
6. Place coated fish on oiled baking sheet and bake at 450 degrees until cooked through (approx. 10-15 min.).

Nutrition Label

Nut Crusted Halibut (Paleo)	
Amount Per Serving	
Calories	346
	% Daily Value*
Total Fat 4.3g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 83.3mg	28%
Sodium 152mg	6%
Total Carbohydrates 6.5g	2%
Dietary Fiber 0.1g	1%
Total Sugar 2.2g	
Protein 41.1g	
Vitamin D 323.1IU	54%
Calcium 76mg	8%
Iron 2.1mg	12%
Potassium 800.6mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.