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Artic Char - Half Portion ♦

This recipe features a half portion of Artic Char, a delicious and nutritious fish. It is prepared using various cooking techniques and served with a flavorful sauce.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 250 grams

Number of Servings: 2

Serving Size: 125 g

Ingredients

250 g	artic char
1 tsp	salt
1 tsp	black pepper
2 tbsp	olive oil
2 cloves	garlic
2 tbsp	lemon juice

2 tbsp fresh dill

Directions

Step 1

Grilling

Season the Artic Char with salt and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat olive oil in a pan and sauté minced garlic until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Sautéing

Add lemon juice and fresh dill to the pan and cook for another minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Serve the grilled Artic Char with the garlic and dill sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 14 g

Protein: 40 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	14 g	50%	56%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	90 mcg	3750%	3750%
Vitamin E	10 mg	66.67%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	80 mcg	145.45%	145.45%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Chinese Thai Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat High Fiber Sugar-Free

Kitchen Tools

Blender

Course

Drinks

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Cost

\$20 to \$30

Demographics

Senior Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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