

# Halibut Cheeks with Ginger-Orange Sauce

Yield: 2 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-halibut-cheek-recipe>

## Ingredients:

- 1/4 cup fresh orange juice
- 2 teaspoons fresh cilantro minced
- 1 teaspoon fresh ginger root minced
- 1 clove garlic minced
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1/4 teaspoon red pepper flakes
- 1 tablespoon olive oil
- 12 ounces halibut cheeks

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 55 milligrams
4. Fat: 12 grams
5. Protein: 37 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 540 milligrams
8. Sugar: 3 grams

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