



Baked Grouper with Two-Pepper Relish

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup cooking wine dry white
- 2 tablespoons parsley fresh minced
- 1 garlic clove minced
- 36 ounce grouper fillets
- 0.3 cup kalamata olives pitted chopped
- 1 tablespoon olive oil extra-virgin
- 1 bell pepper red peeled chopped

- 2 teaspoons red wine vinegar
- 0.3 teaspoon salt
- 1 bell pepper yellow peeled chopped
- 1.5 teaspoons or dried fresh minced

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 37
- Combine first 9 ingredients in a bowl.
- Sprinkle fish with 1/4 teaspoon salt and black pepper.
- Place fish in a 13 x 9-inch baking dish coated with cooking spray.
- Add wine to baking dish.
- Bake at 375 for 24 minutes or until fish flakes easily when tested with a fork.
- Serve with pepper relish.
- Garnish with thyme sprigs, if desired.

Nutrition Facts

 **PROTEIN 68.27%**  **FAT 24.5%**  **CARBS 7.23%**

Properties

Glycemic Index:23.5, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:18.163043561189%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin:

2.87mg, Apigenin: 2.87mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 211.88kcal (10.59%), Fat: 5.35g (8.23%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.54g (0.92%), Sugar: 1.02g (1.14%), Cholesterol: 62.94mg (20.98%), Sodium: 307.07mg (13.35%), Alcohol: 1.37g (100%), Alcohol %: 0.73% (100%), Protein: 33.55g (67.1%), Selenium: 62.33µg (89.05%), Vitamin C: 63.84mg (77.39%), Vitamin B6: 0.62mg (30.97%), Phosphorus: 290.48mg (29.05%), Vitamin K: 28.83µg (27.46%), Potassium: 931.31mg (26.61%), Vitamin A: 1055.68IU (21.11%), Vitamin B12: 1.02µg (17.01%), Magnesium: 61.2mg (15.3%), Vitamin B5: 1.39mg (13.89%), Iron: 2.19mg (12.18%), Vitamin B1: 0.14mg (9.41%), Folate: 32.69µg (8.17%), Vitamin E: 0.97mg (6.43%), Zinc: 0.96mg (6.37%), Manganese: 0.13mg (6.33%), Calcium: 62.62mg (6.26%), Vitamin B3: 0.97mg (4.85%), Fiber: 1.01g (4.04%), Copper: 0.08mg (3.76%), Vitamin B2: 0.04mg (2.11%)