



WHATSheATE



HEALTH SCORE

53%

Broiled Bluefish with Red Onion and Citrus Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds bluefish fillets
- ☐ 2 tablespoons grapefruit juice
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup olive oil
- ☐ 1 small onion red cut into thin slices
- ☐ 0.8 teaspoon salt

☐ 2 tablespoons scallion tops fresh chopped

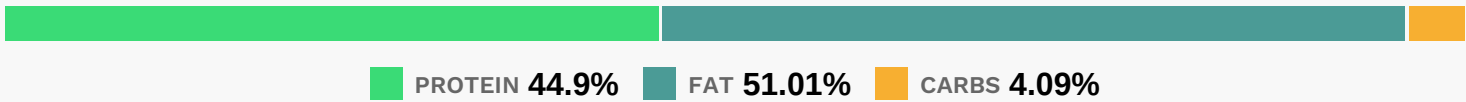
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ In a small bowl, combine the oil, grapefruit juice, lime juice, 1/4 teaspoon of the salt, and 1 tablespoon of the chives.
- ☐ Put the fish, skin-side down, in a shallow glass dish or stainless-steel pan. Scatter the onion over the fish.
- ☐ Pour half of the citrus dressing over the top; let marinate for about 15 minutes.
- ☐ Heat the broiler.
- ☐ Put the fish, skin-side down, on a broiler pan or baking sheet.
- ☐ Sprinkle with the remaining 1/2 teaspoon salt and the pepper. Top with the onion. Broil the fish, about 6 inches from the heat if possible, until just done, about 5 minutes for 3/4-inch-thick fillets.
- ☐ Pour the remaining dressing over the hot fish and sprinkle with the remaining tablespoon of the chives.
- ☐ Fish Alternatives: Any rich, full-flavored fish fillets would benefit from the acidity in the citrus dressing. Try mackerel, shad, kingfish, or porgy.
- ☐ Wine Recommendation: Just as the citrus here flatters the fish, a light white wine with lots of acidity will balance its oiliness while matching the grapefruit and lime flavors. Try a vinho verde from Portugal or a sauvignon blanc from South Africa.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:23.77999997139%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 417.66kcal (20.88%), Fat: 23.17g (35.65%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.6g (1.31%), Sugar: 2.15g (2.38%), Cholesterol: 133.81mg (44.6%), Sodium: 573.85mg (24.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.89g (91.78%), Vitamin B12: 12.22µg (203.74%), Selenium: 82.95µg (118.49%), Vitamin B3: 13.57mg (67.85%), Phosphorus: 525.74mg (52.57%), Vitamin B6: 0.95mg (47.5%), Potassium: 911.08mg (26.03%), Magnesium: 79.8mg (19.95%), Vitamin A: 973.45IU (19.47%), Vitamin B5: 1.93mg (19.35%), Vitamin E: 1.97mg (13.14%), Zinc: 1.91mg (12.72%), Vitamin B2: 0.19mg (11.29%), Vitamin K: 11.68µg (11.13%), Vitamin B1: 0.15mg (9.82%), Vitamin C: 7.17mg (8.7%), Iron: 1.3mg (7.21%), Copper: 0.14mg (6.87%), Manganese: 0.11mg (5.36%), Folate: 12.26µg (3.06%), Calcium: 26.19mg (2.62%), Fiber: 0.57g (2.3%)