



## Crusty Baked Grouper with Cucumber Salsa

READY IN



37 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon butter melted
- 0.5 cup cucumber seeded chopped
- 0.3 teaspoon mint leaves dried crushed
- 0.7 cup yogurt plain fat-free
- 24 ounce grouper fillets white firm ( )
- 0.3 cup onion red finely chopped
- 0.1 teaspoon salt
- 1 ounce bread white

## Equipment

- food processor
- bowl
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 450 F.
- Combine first 6 ingredients in a bowl; stir until blended. Cover mixture, and chill.
- Place fillets in an 11 x 7-inch baking dish coated with cooking spray.
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup.
- Combine crumbs and butter in a bowl; stir well. Spoon over fillets.
- Bake at 450 for 15 minutes or until crumbs are browned; cover loosely with foil, and bake an additional 12 to 15 minutes or until fish flakes easily when tested with a fork.
- Serve with chilled cucumber salsa.

## Nutrition Facts

**PROTEIN 63.3%** **FAT 23.21%** **CARBS 13.49%**

## Properties

Glycemic Index:49.69, Glycemic Load:2.74, Inflammation Score:-5, Nutrition Score:17.905652383099%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 236.63kcal (11.83%), Fat: 6.1g (9.38%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 7.5g (2.73%), Sugar: 4.17g (4.63%), Cholesterol: 93.39mg (31.13%), Sodium: 249.73mg (10.86%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 37.41g (74.83%), Selenium: 74.32µg (106.17%), Vitamin B12: 2.94µg (49.04%), Phosphorus: 368.7mg (36.87%), Vitamin B3: 7.05mg (35.24%), Vitamin D: 5.27µg (35.15%), Potassium: 665.61mg (19.02%), Vitamin B6: 0.33mg (16.26%), Magnesium: 58.96mg (14.74%), Folate: 58.1µg (14.52%), Vitamin B2: 0.23mg (13.43%), Calcium: 119.48mg (11.95%), Vitamin B5: 1.19mg (11.85%), Vitamin B1: 0.14mg (9.02%), Copper: 0.16mg (7.98%), Iron: 1.32mg (7.33%), Manganese: 0.14mg (7.19%), Zinc: 1.07mg (7.13%), Vitamin E: 0.78mg (5.23%), Vitamin K: 4.06µg (3.87%), Vitamin A: 106.21IU (2.12%), Vitamin C: 1.64mg (1.99%), Fiber: 0.47g (1.9%)