



Gold-Coast Grouper with Mojo Marinara



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons thyme leaves fresh divided minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 cup green onions chopped
- ☐ 24 ounce grouper fillets
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup mangos peeled chopped

- ☐ 0.3 cup pineapple fresh chopped
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 cup tomato purée
- ☐ 2 teaspoons vegetable oil

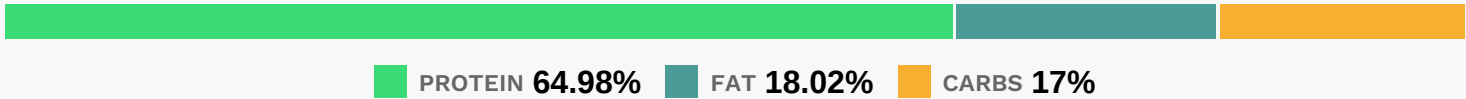
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a medium saucepan over medium heat until hot.
- ☐ Add green onions, pineapple, mango, bell peppers, jalapeo, and 1 teaspoon thyme; saut 2 minutes.
- ☐ Add tomato pure, lime juice, 1/4 teaspoon salt, and black pepper; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; keep warm.
- ☐ Rub fish with 1 teaspoon thyme and 1/4 teaspoon salt.
- ☐ Place fish on a broiler pan coated with cooking spray. Spoon mango mixture evenly over fish.
- ☐ Bake at 400 for 20 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:73.35, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:18.929565139439%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg 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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 212.69kcal (10.63%), Fat: 4.21g (6.48%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.15g (5.72%), Cholesterol: 62.94mg (20.98%), Sodium: 393.23mg (17.1%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 34.18g (68.36%), Selenium: 62.5µg (89.29%), Vitamin C: 40.73mg (49.37%), Vitamin B6: 0.65mg (32.42%), Vitamin K: 33.69µg (32.09%), Potassium: 1088.8mg (31.11%), Phosphorus: 302.99mg (30.3%), Vitamin A: 1058.06IU (21.16%), Magnesium: 70.09mg (17.52%), Vitamin B12: 1.02µg (17.01%), Vitamin B5: 1.53mg (15.35%), Iron: 2.61mg (14.53%), Manganese: 0.28mg (13.83%), Vitamin B1: 0.16mg (10.61%), Folate: 40.33µg (10.08%), Copper: 0.18mg (9.06%), Vitamin E: 1.28mg (8.55%), Fiber: 1.91g (7.66%), Calcium: 71.57mg (7.16%), Zinc: 1.07mg (7.14%), Vitamin B3: 1.4mg (6.99%), Vitamin B2: 0.07mg (4.15%)