



Greek Salsa Salad with Grouper

READY IN



15 min.

SERVINGS



4

CALORIES



696 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz bell pepper refrigerated assorted chopped
- ☐ 8 oz bread
- ☐ 2 tablespoons butter melted
- ☐ 1 cucumber seeded thinly sliced into half moons
- ☐ 1 teaspoon garlic minced
- ☐ 3 oz spring onion refrigerated sliced
- ☐ 1.5 pounds grouper fillets steamed
- ☐ 5 oz the salad mixed with herbs
- ☐ 2 large tomatoes quartered

☐ 1 cup balsamic vinaigrette salad dressing refrigerated with feta cheese and garlic

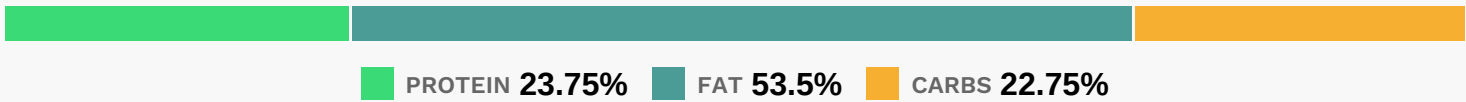
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 42
- ☐ Cut bread into 1-inch cubes (about 2 cups), and place in a single layer on a jelly-roll pan.
- ☐ Combine butter and garlic; drizzle over bread cubes, and toss to coat.
- ☐ Bake 5 to 7 minutes or until lightly toasted, stirring twice.
- ☐ Transfer bread to a wire rack, and cool completely (about 5 minutes).
- ☐ Arrange salad greens and next 5 ingredients on individual serving plates. Top with bread cubes, and serve with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:63.92, Glycemic Load:16.67, Inflammation Score:-10, Nutrition Score:37.027825936027%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 696.37kcal (34.82%), Fat: 41.83g (64.36%), Saturated Fat: 10.16g (63.48%), Carbohydrates: 40.03g (13.34%), Net Carbohydrates: 34.38g (12.5%), Sugar: 11.13g (12.36%), Cholesterol: 77.99mg (26%), Sodium: 425.03mg (18.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.55%), Vitamin C: 100.01mg (121.22%), Vitamin K: 124.41µg (118.49%), Selenium: 79.99µg (114.27%), Vitamin A: 3621.19IU (72.42%), Manganese: 1.02mg (51.02%), Vitamin B6: 0.9mg (45.01%), Phosphorus: 425.55mg (42.55%), Potassium: 1468.14mg (41.95%),

Folate: 140.69µg (35.17%), Vitamin E: 4.68mg (31.19%), Vitamin B1: 0.46mg (30.92%), Magnesium: 110.27mg (27.57%), Iron: 4.76mg (26.45%), Vitamin B3: 5.14mg (25.7%), Fiber: 5.64g (22.58%), Vitamin B5: 2.25mg (22.52%), Vitamin B12: 1.03µg (17.21%), Calcium: 163.32mg (16.33%), Vitamin B2: 0.27mg (16.09%), Copper: 0.27mg (13.61%), Zinc: 2mg (13.35%)