



HEALTH SCORE

59%

Grilled Branzino with Cilantro-Mint Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small snapper whole red cleaned
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 1 teaspoon ginger grated peeled
- ☐ 4 servings kosher salt
- ☐ 1 lime thinly sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup mint leaves fresh finely chopped for stuffing
- ☐ 2 to 5 chilies red with seeds, thinly sliced, divided (such as Fresno or serrano)

- ☐ 1 teaspoon sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 small onion white finely chopped

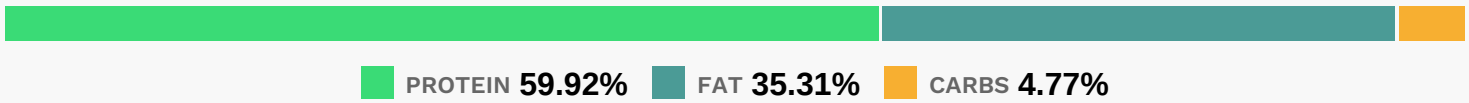
Equipment

- ☐ grill
- ☐ kitchen twine

Directions

- ☐ Prepare grill for medium-high heat.
- ☐ Mix onion,cilantro, lime juice, ginger, sugar, choppedmint, half of chiles, and 1/3 cup oil in a medium bowl; season with salt. Set relish aside.
- ☐ Season inside of fish with salt. Stuff withmint sprigs, lime slices, and remaining chiles;tie with kitchen twine.
- ☐ Drizzle with remaining1 tablespoon oil; season with salt. Grill fish until skinis crisp and flesh is flaky and opaque down tothe bone, about 5 minutes per side. (If a smallknife slides easily through the thickest part offlesh, the fish is done.)
- ☐ Serve with relish.
- ☐ DO AHEAD: Fish can be stuffed and tiedand relish can be made 6 hours ahead.Cover separately and chill.

Nutrition Facts



Properties

Glycemic Index:55.27, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:38.574348117994%

Flavonoids

Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg Hesperetin: 9.13mg, Hesperetin: 9.13mg, Hesperetin: 9.13mg, Hesperetin: 9.13mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg,

Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg
Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 638.8kcal (31.94%), Fat: 24.41g (37.56%), Saturated Fat: 4.08g (25.53%), Carbohydrates: 7.42g (2.47%),
Net Carbohydrates: 5.96g (2.17%), Sugar: 2.94g (3.27%), Cholesterol: 166.5mg (55.5%), Sodium: 487.37mg (21.19%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 93.21g (186.41%), Vitamin D: 45.9µg (306%), Selenium: 172.14µg
(245.92%), Vitamin B12: 13.5µg (225%), Vitamin B6: 1.94mg (97.15%), Phosphorus: 912.31mg (91.23%), Vitamin C:
51.62mg (62.57%), Potassium: 2034.68mg (58.13%), Vitamin K: 43.42µg (41.35%), Vitamin E: 6.08mg (40.56%),
Magnesium: 157.07mg (39.27%), Vitamin B5: 3.51mg (35.12%), Vitamin A: 1081.14IU (21.62%), Calcium: 171.02mg
(17.1%), Vitamin B1: 0.24mg (16.01%), Zinc: 1.79mg (11.94%), Copper: 0.2mg (9.8%), Folate: 39.07µg (9.77%),
Manganese: 0.19mg (9.33%), Vitamin B3: 1.74mg (8.7%), Iron: 1.5mg (8.31%), Fiber: 1.46g (5.83%), Vitamin B2:
0.06mg (3.42%)