



HEALTH SCORE

55%

Grilled Branzino with Ladolemono



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 branzino whole bone-in cleaned



4 servings pepper black freshly ground



1 tablespoon olive oil extra virgin extra-virgin



1 tablespoon oregano dried



0.5 cup frangelico



0.5 cup frangelico

Equipment

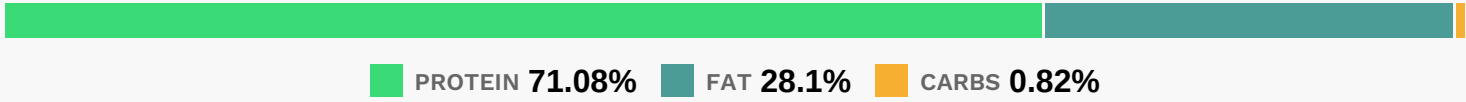


grill

Directions

- ☐ Prepare a grill to medium-high heat.
- ☐ Brush fish with oil and season skin and cavity with salt and pepper. Grill fish, turning once, until cooked through, about 10 minutes.
- ☐ Transfer to a platter, drizzle with *Ladolemono*, crumble *oregano* over, and serve.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.03, Inflammation Score:-9, Nutrition Score:28.352608754502%

Nutrients (% of daily need)

Calories: 471kcal (23.55%), Fat: 14.04g (21.6%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.05g (0.06%), Cholesterol: 360mg (120%), Sodium: 310.9mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.91g (159.82%), Vitamin B12: 17.19µg (286.5%), Selenium: 164.31µg (234.73%), Phosphorus: 893.01mg (89.3%), Vitamin B6: 1.36mg (68.17%), Vitamin B3: 9.51mg (47.55%), Magnesium: 183.55mg (45.89%), Vitamin B5: 3.39mg (33.88%), Potassium: 1169.11mg (33.4%), Vitamin B1: 0.45mg (30.15%), Iron: 4.27mg (23.72%), Zinc: 1.83mg (12.23%), Folate: 43.48µg (10.87%), Vitamin K: 10.04µg (9.56%), Calcium: 87.94mg (8.79%), Vitamin A: 426.81IU (8.54%), Vitamin B2: 0.14mg (8.34%), Copper: 0.15mg (7.44%), Manganese: 0.14mg (7.13%), Vitamin E: 0.73mg (4.89%), Fiber: 0.56g (2.23%)