



## 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
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### 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 lemon, crumble oregano over, and serve.

## Nutrition Facts

**PROTEIN 71.08%** **FAT 28.1%** **CARBS 0.82%**

## 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%)