



Grilled Fish

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 1.5 lb fish fillet red (halibut, lake trout, mahimahi, marlin, snapper, salmon, swordfish or tuna)
- 1 optional: lemon cut into 4 wedges
- 0.3 teaspoon pepper
- 1 teaspoon salt

Equipment

- grill

Directions

- Brush grill rack with vegetable oil or spray with cooking spray. Prepare the coals or a gas grill for direct heat.
- Heat to medium heat, which will take about 40 minutes for charcoal or about 10 minutes for a gas grill.
- Cut fish into 4 serving pieces.
- Brush fish with about half of the butter; sprinkle with the salt and pepper.
- Place the fish on the grill rack (if fish fillets have skin, place skins side down). Cover the grill; cook 10 to 14 minutes, brushing 2 or 3 times with remaining butter, until fish flakes easily with a fork.
- Serve with lemon wedges.

Nutrition Facts

PROTEIN 61.04% **FAT 34.26%** **CARBS 4.7%**

Properties

Glycemic Index:14.38, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:16.370869709098%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 221.77kcal (11.09%), Fat: 8.61g (13.25%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.68g (0.75%), Cholesterol: 85.05mg (28.35%), Sodium: 736.4mg (32.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.53g (69.06%), Selenium: 71.22µg (101.74%), Vitamin B12: 2.69µg (44.91%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.67mg (33.34%), Phosphorus: 295.29mg (29.53%), Vitamin C: 14.32mg (17.36%), Potassium: 555.67mg (15.88%), Vitamin B6: 0.3mg (14.91%), Magnesium: 48.53mg (12.13%), Folate: 43.88µg (10.97%), Vitamin B5: 0.89mg (8.87%), Copper: 0.14mg (6.98%), Vitamin B2: 0.12mg (6.79%), Iron: 1.13mg (6.29%), Vitamin E: 0.94mg (6.26%), Vitamin B1: 0.08mg (5.42%), Vitamin A: 257.01IU (5.14%), Manganese: 0.09mg (4.42%), Zinc: 0.58mg (3.87%), Fiber: 0.79g (3.15%), Calcium: 27.04mg (2.7%), Vitamin K: 2.59µg (2.46%)