



## Grilled Fish Steaks

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

READY IN



25 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter melted
- 1.5 pounds fish fillet
- 2 teaspoons juice of lemon
- 4 servings salt and pepper to taste

## Equipment

- grill
- spatula

## Directions

- Heat coals or gas grill for direct heat.
- Sprinkle both sides of fish steak with salt and pepper.
- Mix butter and lemon juice; set aside.
- Grill fish steak uncovered about 4 inches from medium heat 7 to 10 minutes, brushing 2 or 3 times with butter mixture. Carefully turn fish. (If fish sticks to the grill, loosen gently with a turner.)
- Brush other side with butter mixture.
- Grill uncovered 7 to 10 minutes longer or until fish flakes easily with fork.
- Brush with butter mixture.

## Nutrition Facts

**PROTEIN 63.78%** **FAT 35.78%** **CARBS 0.44%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:15.11782614166%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 214.17kcal (10.71%), Fat: 8.53g (13.13%), Saturated Fat: 2.17g (13.53%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.06g (0.07%), Cholesterol: 85.05mg (28.35%), Sodium: 348.28mg (15.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.23g (68.45%), Selenium: 71.1µg (101.58%), Vitamin B12: 2.69µg (44.91%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.64mg (33.21%), Phosphorus: 290.98mg (29.1%), Potassium: 519.25mg (14.84%), Vitamin B6: 0.28mg (13.87%), Magnesium: 46.29mg (11.57%), Folate: 41.39µg (10.35%), Vitamin B5: 0.84mg (8.38%), Vitamin B2: 0.11mg (6.48%), Copper: 0.13mg (6.41%), Vitamin E: 0.9mg (6.01%), Iron: 0.96mg (5.31%), Vitamin A: 250.54IU (5.01%), Vitamin B1: 0.07mg (4.74%), Zinc: 0.56mg (3.75%), Manganese: 0.06mg (3.19%), Vitamin K: 2.38µg (2.27%), Calcium: 19.38mg (1.94%), Vitamin C: 0.98mg (1.19%)