




 **55%**
HEALTH SCORE

Grilled Fish with Cucumber-Tomato Salsa


 **Gluten Free**  **Dairy Free**

READY IN




45 min.

SERVINGS



3

CALORIES



218 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 cucumber chopped
- 1 pound fish fillet firm
- 1 tablespoon mint leaves fresh chopped
- 1 cup grape tomatoes halved
- 1 spring onion thinly sliced
- 1.5 teaspoons ground cumin divided
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime fresh

- 1 teaspoon lime zest grated
- 1 tablespoon olive oil
- 0.5 teaspoon salt divided

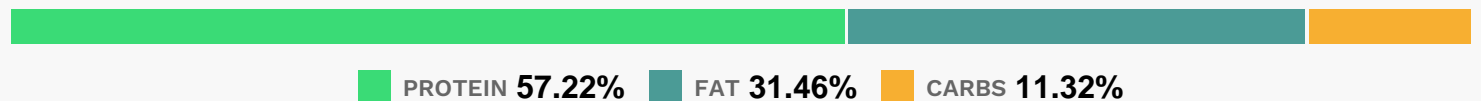
Equipment

- bowl
- grill
- aluminum foil

Directions

- Combine 1 teaspoon cumin, 1/4 teaspoon salt, lime rind, lime juice, and olive oil in a medium bowl.
- Add cucumber, tomatoes, green onion, jalapeo, and mint. Set aside.
- Sprinkle remaining 1/2 teaspoon cumin and remaining 1/4 teaspoon salt over fish. Grill over medium-high heat 7 minutes or until tender. Top with salsa, and serve.
- Note: Any seafood tastes great paired with this simple cucumber-tomato relish--just buy your favorite. If you choose a thin fillet such as flounder, place on heavy-duty aluminum foil to keep the fish intact while grilling.
- Wine note: Quara, a new wine brand from Argentina, offers a couple of aromatic whites that blend well with seafood dishes. The Cafayate Valley Torrontes (\$1
- is a big, dry white with tropical fruit notes. The bold Chardonnay (\$1
- has a touch of oak for a crisp finish.

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:19.667826258618%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 217.59kcal (10.88%), Fat: 7.77g (11.95%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.17g (3.53%), Cholesterol: 75.6mg (25.2%), Sodium: 473.97mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.79g (63.58%), Selenium: 63.41µg (90.58%), Vitamin B12: 2.39µg (39.82%), Vitamin B3: 6.4mg (32.02%), Vitamin D: 4.69µg (31.25%), Phosphorus: 300.38mg (30.04%), Vitamin C: 20.09mg (24.35%), Vitamin K: 25.31µg (24.11%), Potassium: 772.81mg (22.08%), Vitamin B6: 0.37mg (18.41%), Magnesium: 65.63mg (16.41%), Folate: 64.61µg (16.15%), Vitamin A: 664.74IU (13.29%), Manganese: 0.25mg (12.61%), Vitamin E: 1.82mg (12.14%), Copper: 0.24mg (11.84%), Iron: 2.06mg (11.46%), Vitamin B5: 1.06mg (10.58%), Vitamin B2: 0.15mg (8.56%), Vitamin B1: 0.13mg (8.39%), Fiber: 1.83g (7.31%), Zinc: 0.85mg (5.68%), Calcium: 52.79mg (5.28%)