



Grilled Grouper Fillets with Creole Salsa



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ear corn with 1 tablespoon oil
- ☐ 1 teaspoon garlic minced
- ☐ 4 fillet to 6 grouper
- ☐ 0.3 cup pickled okra thinly sliced
- ☐ 0.3 cup olive oil
- ☐ 6 servings olive oil
- ☐ 0.5 cup onion diced red finely
- ☐ 0.3 teaspoon pepper flakes red

☐ 1 cup creole tomato diced finely

Equipment

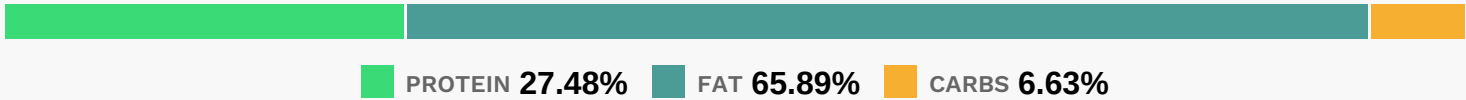
☐ frying pan

☐ grill

Directions

- ☐ Slice roasted corn off cob into pan over heated grill.
- ☐ Add Creole tomato, red onion, pickled okra, garlic, red pepper and olive oil. Stir occasionally until okra and onions are slightly soft, about 3 minutes.
- ☐ Preheat grill.
- ☐ Brush grouper with olive oil and grill until cooked through.
- ☐ Place on serving plates and spoon salsa on top of grouper.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:11.332608824191%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 332.64kcal (16.63%), Fat: 24.44g (37.61%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.54g (1.65%), Sugar: 2.23g (2.48%), Cholesterol: 41.93mg (13.98%), Sodium: 66.29mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.89%), Selenium: 41.64µg (59.49%), Vitamin E: 3.5mg (23.35%), Phosphorus: 210.33mg (21.03%), Vitamin B6: 0.41mg (20.34%), Potassium: 682.54mg (19.5%), Vitamin K: 17.31µg (16.48%), Magnesium: 47.37mg (11.84%), Vitamin B12: 0.68µg (11.33%), Vitamin B5: 1.01mg (10.1%), Vitamin A: 451.83IU (9.04%), Vitamin B1: 0.13mg (8.5%), Vitamin C: 6.52mg (7.91%), Iron: 1.36mg (7.55%), Manganese: 0.13mg

(6.42%), Folate: 25.3μg (6.32%), Zinc: 0.71mg (4.74%), Vitamin B3: 0.84mg (4.19%), Calcium: 41.28mg (4.13%), Fiber: 1g (3.99%), Copper: 0.06mg (2.87%), Vitamin B2: 0.03mg (1.53%)