



Grilled Grouper Sandwich with Chipotle Tartar Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons celery diced
- ☐ 1 tablespoon chipotle peppers in adobo sauce canned minced
- ☐ 2 tablespoons dill pickle relish
- ☐ 20 ounce grouper fillets
- ☐ 4 teaspoons lemon pepper
- ☐ 0.8 cup mayonnaise
- ☐ 4 cabbage leaves

- ☐ 1 tablespoon onion minced
- ☐ 1 onion red sliced
- ☐ 4 kaiser rolls toasted
- ☐ 1 tomatoes sliced

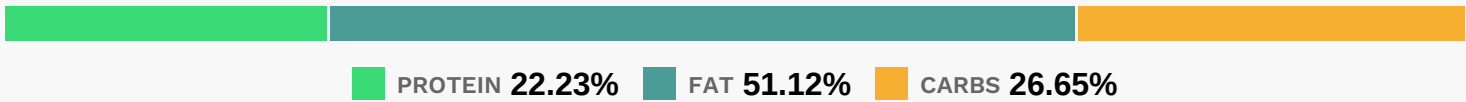
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ To make the tartar sauce, combine first 5 ingredients in a small bowl. Cover and chill 3 hours.
- ☐ Sprinkle grouper with lemon pepper. Grill fillets, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 4 to 6 minutes on each side or until fish flakes with a fork.
- ☐ Place each fillet on a Kaiser roll. Top with Chipotle Tartar Sauce, tomato, onion, and cabbage.

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:24.46, Inflammation Score:-7, Nutrition Score:20.795652526876%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 626.17kcal (31.31%), Fat: 35.32g (54.33%), Saturated Fat: 5.31g (33.19%), Carbohydrates: 41.43g (13.81%), Net Carbohydrates: 38.1g (13.85%), Sugar: 7.36g (8.18%), Cholesterol: 70.09mg (23.36%), Sodium: 725.07mg (31.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.55g (69.11%), Vitamin K: 87.47µg (83.3%), Selenium: 53.14µg (75.91%), Iron: 12.62mg (70.1%), Vitamin B6: 0.56mg (28.2%), Phosphorus: 269.77mg (26.98%), Potassium:

919.19mg (26.26%), Manganese: 0.41mg (20.5%), Vitamin C: 14.19mg (17.2%), Vitamin B12: 0.9µg (15.01%),
Magnesium: 59.67mg (14.92%), Fiber: 3.34g (13.35%), Vitamin B5: 1.27mg (12.67%), Vitamin A: 617.4IU (12.35%),
Folate: 49.14µg (12.29%), Vitamin E: 1.61mg (10.77%), Vitamin B1: 0.15mg (9.72%), Calcium: 90.39mg (9.04%), Zinc:
0.96mg (6.37%), Copper: 0.11mg (5.52%), Vitamin B3: 0.85mg (4.23%), Vitamin B2: 0.05mg (3.05%)