



Grilled Grouper Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons capers drained
- 2 tablespoons spring onion chopped
- 24 oz grouper fillets thick
- 1.5 teaspoons juice of lemon fresh
- 4 leaves curly leaf lettuce green
- 0.5 cup mayonnaise reduced-fat
- 3 teaspoons olive oil
- 0.3 teaspoon pepper

- 0.1 teaspoon salt
- 1 tablespoon pickle relish sweet
- 4 hawaiian rolls white
- 0.5 teaspoon worcestershire sauce

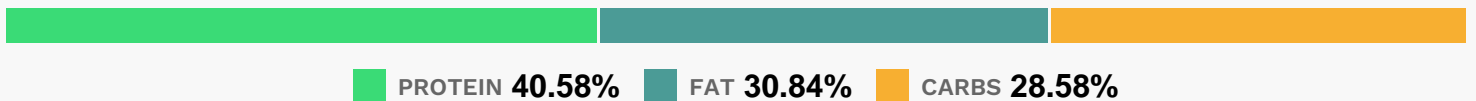
Equipment

- bowl
- whisk
- grill

Directions

- Heat gas or charcoal grill. In small bowl, stir mayonnaise, onions, relish, capers, lemon juice and Worcestershire sauce with whisk until well blended. Cover; refrigerate until serving time.
- Brush fillets with 2 teaspoons of the oil; sprinkle with salt and pepper. Carefully brush remaining oil on grill rack.
- Place fillets on grill over medium heat. Cover grill; cook 6 to 8 minutes, turning once, until fish flakes easily with fork.
- On each bun bottom, place lettuce and fish. Spoon mayonnaise mixture evenly over fish. Cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:12.94, Inflammation Score:-8, Nutrition Score:19.431739143703%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 379.11kcal (18.96%), Fat: 12.69g (19.53%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 25.33g (9.21%), Sugar: 5.53g (6.14%), Cholesterol: 67.42mg (22.47%), Sodium: 672.38mg (29.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.57g (75.15%), Selenium: 74.64µg (106.62%), Vitamin K: 46.93µg (44.69%), Phosphorus: 329.9mg (32.99%), Vitamin A: 1415IU (28.3%), Vitamin B6: 0.55mg (27.74%), Potassium: 929.99mg (26.57%), Vitamin B1: 0.37mg (24.52%), Vitamin B12: 1.11µg (18.44%), Iron: 3.31mg (18.41%), Magnesium: 66.53mg (16.63%), Folate: 64.94µg (16.24%), Manganese: 0.32mg (16.11%), Vitamin B5: 1.32mg (13.18%), Vitamin B3: 2.42mg (12.12%), Calcium: 118.86mg (11.89%), Vitamin B2: 0.15mg (9.06%), Vitamin E: 1.24mg (8.29%), Zinc: 1.2mg (8%), Copper: 0.1mg (5.12%), Fiber: 1.14g (4.57%), Vitamin C: 3.35mg (4.06%)