



Grilled Grouper Sandwiches with Pineapple Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon mustard dry
- 0.5 teaspoon gingerroot minced peeled
- 2 tablespoons green onions sliced
- 1 Dash ground pepper white
- 8 ounce grouper fillets (3/)
- 2 leaf lettuce leaves green
- 1 tablespoon juice of lime

- 8.3 ounce pineapple in juice crushed canned
- 1 tablespoon bell pepper red finely chopped
- 5 ounce kaiser rolls split toasted
- 0.5 teaspoon sugar

Equipment

- grill
- slotted spoon

Directions

- Drain pineapple, reserving juice.
- Combine 2 tablespoons pineapple juice, drained pineapple, green onions, and next 6 ingredients. Set aside.
- Place fillets in a grilling basket coated with cooking spray.
- Place grill rack on grill over medium-hot coals (350 to 400).
- Place basket on rack; grill, covered, 5 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with reserved pineapple juice.
- Place a lettuce leaf on bottom half of each roll; place fillets on lettuce. Spoon 3 tablespoons pineapple mixture over each fillet; top with remaining roll halves. Using a slotted spoon, serve remaining pineapple mixture with sandwiches.

Nutrition Facts



Properties

Glycemic Index:111.05, Glycemic Load:23.78, Inflammation Score:-6, Nutrition Score:14.786521854608%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 360.85kcal (18.04%), Fat: 3.71g (5.71%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 53.61g (17.87%), Net Carbohydrates: 50.52g (18.37%), Sugar: 22.51g (25.01%), Cholesterol: 41.96mg (13.99%), Sodium: 355.01mg (15.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.7%), Iron: 12.21mg (67.85%), Selenium: 42.98µg (61.4%), Vitamin C: 20.58mg (24.95%), Vitamin B6: 0.45mg (22.61%), Potassium: 735.96mg (21.03%), Phosphorus: 201.85mg (20.18%), Magnesium: 57.7mg (14.42%), Vitamin B1: 0.21mg (14.09%), Vitamin K: 14.8µg (14.09%), Fiber: 3.08g (12.33%), Vitamin B12: 0.68µg (11.34%), Vitamin A: 504IU (10.08%), Vitamin B5: 0.89mg (8.85%), Copper: 0.16mg (8.24%), Calcium: 64.51mg (6.45%), Folate: 24.08µg (6.02%), Zinc: 0.74mg (4.95%), Vitamin B3: 0.81mg (4.03%), Manganese: 0.07mg (3.47%), Vitamin B2: 0.04mg (2.54%), Vitamin E: 0.18mg (1.17%)