



Grilled Grouper Sandwiches with Tartar Sauce

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 24 ounce grouper fillets thick ()
- ☐ 4 leaf lettuce leaves green
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 4 servings tartar sauce
- ☐ 7.2 ounce wheat hamburger buns white

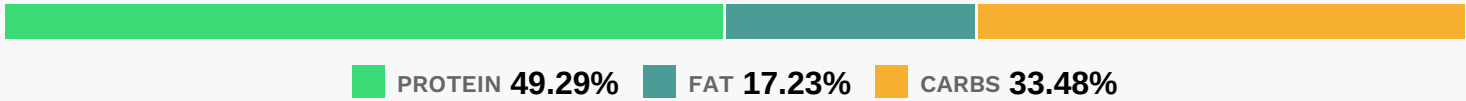
Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Brush fillets evenly with olive oil; sprinkle evenly with salt and pepper.
- ☐ Place fillets on grill rack coated with cooking spray; grill 3 to 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ While fish cooks, prepare Tartar Sauce.
- ☐ Spread about 2 1/2 tablespoons Tartar Sauce over cut sides of each bun; place 1 lettuce leaf on bottom half of each bun. Top lettuce with fish; top with remaining bun halves.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:15.3, Inflammation Score:-6, Nutrition Score:16.397391098997%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 319.11kcal (15.96%), Fat: 5.9g (9.08%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 24.84g (9.03%), Sugar: 3.77g (4.18%), Cholesterol: 63.01mg (21%), Sodium: 494.59mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.99g (75.97%), Selenium: 75.99µg (108.55%), Phosphorus: 327.75mg (32.78%), Vitamin B6: 0.54mg (27.21%), Vitamin B1: 0.4mg (26.48%), Potassium: 888.16mg (25.38%), Vitamin B12: 1.12µg (18.71%), Iron: 3.3mg (18.33%), Manganese: 0.33mg (16.29%), Magnesium: 64.87mg (16.22%), Folate: 63.73µg (15.93%), Vitamin B3: 2.67mg (13.36%), Vitamin B5: 1.28mg (12.8%), Calcium: 120.69mg (12.07%), Vitamin B2: 0.16mg (9.49%), Zinc: 1.19mg (7.96%), Vitamin A: 320.13IU (6.4%), Vitamin K: 5.62µg (5.35%), Copper: 0.09mg (4.6%), Fiber: 0.97g (3.87%), Vitamin E: 0.45mg (2.97%)