



HEALTH SCORE

54%

Grilled Grouper With Apricot-Ginger Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apricots fresh diced (6 medium)
- ☐ 1 tablespoon chile paste with garlic
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 0.3 cup green onions minced
- ☐ 24 ounce grouper fillets (1/)
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup bell pepper diced red

- ☐ 0.3 cup rice wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar

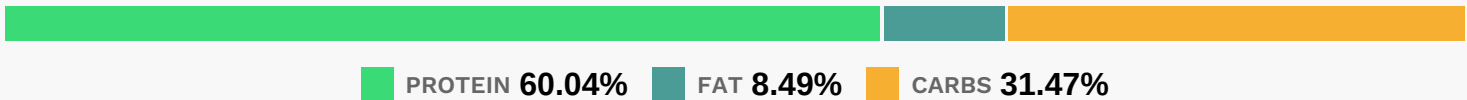
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine the first 9 ingredients in a small bowl, and stir the apricot mixture until well-blended.
- ☐ Let the apricot-ginger relish stand for 1 hour.
- ☐ Rub the chile paste over both sides of the grouper fillets, and prepare the grill.
- ☐ Place the grouper fillets on a grill rack coated with cooking spray, and grill for 6 minutes on each side or until the fish flakes easily when tested with a fork.
- ☐ Serve the grouper fillets with apricot-ginger relish.

Nutrition Facts



Properties

Glycemic Index:68.19, Glycemic Load:7.57, Inflammation Score:-9, Nutrition Score:18.353043359259%

Flavonoids

Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 235.07kcal (11.75%), Fat: 2.17g (3.34%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 15.85g (5.76%), Sugar: 14.51g (16.12%), Cholesterol: 62.94mg (20.98%), Sodium: 246.41mg (10.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.54g (69.08%), Selenium: 62.44µg (89.2%), Vitamin A: 2391.08IU (47.82%), Vitamin C: 33.77mg (40.93%), Potassium: 1112.43mg (31.78%), Vitamin B6: 0.62mg (31.16%), Phosphorus: 305.08mg (30.51%), Vitamin B12: 1.02µg (17.01%), Magnesium: 66.61mg (16.65%), Vitamin K: 16.87µg

(16.07%), Vitamin B5: 1.54mg (15.36%), Iron: 2.08mg (11.54%), Vitamin B1: 0.16mg (10.71%), Fiber: 2.26g (9.03%), Folate: 35.69µg (8.92%), Manganese: 0.17mg (8.33%), Zinc: 1.07mg (7.11%), Vitamin E: 1.04mg (6.94%), Calcium: 65.72mg (6.57%), Vitamin B3: 1.31mg (6.53%), Copper: 0.12mg (6.06%), Vitamin B2: 0.07mg (3.89%)