



Grilled Grouper with Basil-Lime Pistou

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 1 cup basil leaves fresh
- ☐ 3 garlic cloves chopped
- ☐ 24 ounce grouper fillets 1/
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt

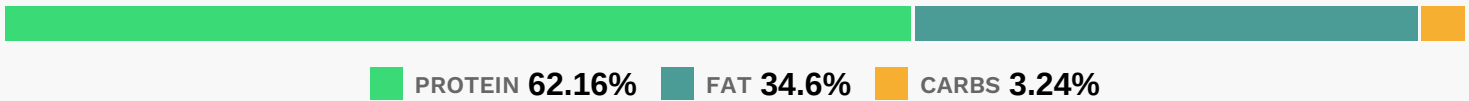
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ To prepare pistou, combine first 7 ingredients in a food processor; pulse until finely chopped.
- ☐ Let stand 10 minutes.
- ☐ Prepare grill.
- ☐ To prepare grouper, sprinkle fish evenly with salt and pepper.
- ☐ Place fish on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with pistou.
- ☐ Wine note: Soellner Wogenrain Grner Veltliner 2006 (\$1
- ☐ from Austria boasts herbal and green pea aromas that pair well with the fresh, green flavors of this dish. The wine's bright, mouthwatering acidity slices through the olive oil and brings out the lime zest. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:14.712174046947%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 237.68kcal (11.88%), Fat: 8.88g (13.65%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.23g (0.25%), Cholesterol: 67.76mg (22.59%), Sodium: 567.96mg (24.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.75%), Selenium: 64.03µg (91.48%), Phosphorus: 332.84mg (33.28%), Vitamin B6: 0.56mg (27.86%), Vitamin K: 28.47µg (27.11%), Potassium: 865.63mg (24.73%), Vitamin B12: 1.11µg (18.43%), Magnesium: 61.09mg (15.27%), Calcium: 146.5mg (14.65%), Vitamin B5: 1.35mg (13.45%), Vitamin A: 619.85IU (12.4%), Iron: 1.85mg (10.3%), Vitamin B1: 0.13mg (8.7%), Manganese: 0.15mg (7.5%), Zinc: 1.09mg (7.3%), Vitamin E: 0.84mg (5.6%), Folate: 20.74µg (5.19%), Vitamin C: 4.1mg (4.98%), Copper: 0.07mg (3.51%), Vitamin B3: 0.63mg (3.17%), Vitamin B2: 0.04mg (2.38%)