



 **78%**
HEALTH SCORE

Grilled Grouper with Chimichurri Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



14

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon basil fresh finely chopped
- 2 cups parsley fresh finely chopped
- 1 teaspoon thyme leaves fresh finely chopped
- 6 garlic cloves finely chopped
- 1 tablespoon ground pepper red
- 6 pound grouper fillets
- 1 cup olive oil extra-virgin
- 1 cup plum tomatoes seeded chopped

- 1.5 teaspoons salt
- 0.3 cup shallots chopped
- 0.5 cup water
- 1 cup citrus champagne vinegar

Equipment

- bowl
- frying pan
- plastic wrap
- grill

Directions

- Dissolve salt in water.
- Stir together shallots and next 8 ingredients in a large bowl; stir in salt water. Set aside 2 cups mixture to serve with fish.
- Place 1 grouper fillet, skin side down, on a sheet of plastic wrap in a 15- x 10-inch jellyroll pan. Spoon remaining sauce over fillet; top with remaining grouper fillet, flesh side down. Cover and chill 3 to 6 hours, turning occasionally.
- Place grouper fillets, skin side down, on grill rack. Grill, covered with grill lid, over medium-high heat (350 to 400) for 4 to 6 minutes or until fish flakes with a fork.
- Serve with reserved sauce.

Nutrition Facts


PROTEIN 72.66% **FAT 22.37%** **CARBS 4.97%**

Properties

Glycemic Index:19.79, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:20.11782601087%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 18.49mg, Apigenin: 18.49mg, Apigenin: 18.49mg, Apigenin: 18.49mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 221.73kcal (11.09%), Fat: 5.24g (8.07%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.9g (1%), Cholesterol: 71.93mg (23.98%), Sodium: 360.53mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.32g (76.65%), Vitamin K: 144.14µg (137.27%), Selenium: 71.23µg (101.76%), Phosphorus: 331.02mg (33.1%), Vitamin B6: 0.64mg (32.21%), Potassium: 1060.56mg (30.3%), Vitamin A: 1296.87IU (25.94%), Vitamin B12: 1.17µg (19.44%), Vitamin C: 15.04mg (18.23%), Magnesium: 69.17mg (17.29%), Vitamin B5: 1.53mg (15.28%), Iron: 2.53mg (14.05%), Vitamin B1: 0.16mg (10.4%), Folate: 34.98µg (8.75%), Zinc: 1.1mg (7.36%), Calcium: 72.48mg (7.25%), Manganese: 0.11mg (5.61%), Vitamin E: 0.71mg (4.73%), Vitamin B3: 0.87mg (4.36%), Copper: 0.07mg (3.73%), Fiber: 0.77g (3.06%), Vitamin B2: 0.03mg (1.62%)