



Grilled Grouper With Cilantro-Lime Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 garlic clove crushed
- ☐ 0.5 teaspoon ground ginger
- ☐ 16 ounce grouper fillets
- ☐ 4 servings cilantro-lime sauce
- ☐ 2 tablespoons juice of lime fresh

☐ 3 tablespoons soya sauce low-sodium

Equipment

☐ sauce pan

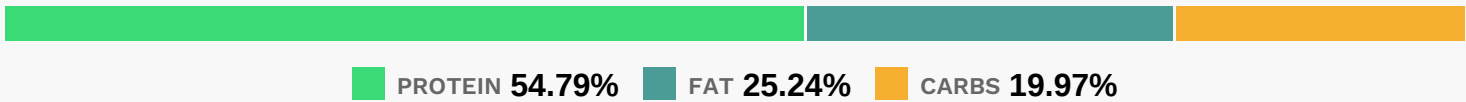
☐ grill

☐ ziploc bags

Directions

- ☐ Combine first 7 ingredients in a large heavy-duty, zip-top plastic bag; add fish, and seal bag. Toss to coat well; marinate in refrigerator 1 hour.
- ☐ Remove grouper from marinade; reserve marinade.
- ☐ Place marinade in a saucepan. Bring to a boil; remove from heat. Coat grill rack with cooking spray. Cover and grill grouper over medium-hot coals (350 to 400 degrees F) for 4 to 6 minutes on each side or until fish flakes easily when tested with a fork, basting occasionally with reserved marinade.
- ☐ Serve grouper with Cilantro-Lime Sauce.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:9.0147827630458%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 171.54kcal (8.58%), Fat: 4.76g (7.33%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 8.03g (2.92%), Sugar: 6.16g (6.84%), Cholesterol: 41.96mg (13.99%), Sodium: 498.37mg (21.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.51%), Selenium: 41.85µg (59.79%), Phosphorus: 208.49mg (20.85%), Vitamin B6: 0.38mg (19.19%), Potassium: 625.03mg (17.86%), Magnesium: 46.09mg (11.52%),

Vitamin B12: 0.68µg (11.34%), Vitamin B5: 0.93mg (9.29%), Manganese: 0.17mg (8.63%), Iron: 1.37mg (7.6%), Vitamin B1: 0.09mg (6.03%), Vitamin C: 4.52mg (5.48%), Vitamin A: 243.68IU (4.87%), Zinc: 0.68mg (4.55%), Calcium: 45.03mg (4.5%), Folate: 16.98µg (4.25%), Vitamin B3: 0.58mg (2.91%), Vitamin B2: 0.04mg (2.39%), Copper: 0.04mg (2.19%), Fiber: 0.45g (1.79%), Vitamin E: 0.23mg (1.51%)