



 **59%**  
HEALTH SCORE

## Grilled Grouper with Cucumber Salsa

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

READY IN



**39 min.**

SERVINGS



**4**

CALORIES



**223 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black
- 2 cups cucumber diced peeled seeded ( 2 medium)
- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 0.3 cup green onions thinly sliced
- 24 ounce grouper fillets thick ( )
- 2 tablespoons jalapeno seeded finely chopped
- 0.3 cup juice of lime fresh ( 2 limes)

- 0.5 teaspoon lime rind grated
- 1 tablespoon olive oil
- 2 teaspoons olive oil
- 0.1 teaspoon salt


## Equipment

- bowl
- grill

## Directions

- Combine first 9 ingredients in a bowl; stir well. Cover and chill at least 2 hours.
- Prepare grill.
- Brush fillets evenly with 2 teaspoons oil; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper.
- Place fillets on grill rack coated with cooking spray; grill 7 minutes on each side or until fish flakes easily when tested with a fork.
- Serve fish with cucumber salsa.

## Nutrition Facts

  
■ PROTEIN 61.82% ■ FAT 30.55% ■ CARBS 7.63%

## Properties

Glycemic Index:51.25, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:15.547391207322%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 223.29kcal (11.16%), Fat: 7.41g (11.4%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.7g (1.89%), Cholesterol: 62.94mg (20.98%), Sodium: 166.73mg (7.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.72g (67.44%), Selenium: 62.37µg (89.1%), Vitamin B6: 0.6mg (29.88%), Phosphorus: 298.44mg (29.84%), Vitamin K: 30.04µg (28.61%), Potassium: 980.68mg (28.02%), Vitamin C: 17.7mg (21.46%), Vitamin B12: 1.02µg (17.01%), Magnesium: 65.28mg (16.32%), Vitamin B5: 1.5mg (14.95%), Vitamin A: 530.63IU (10.61%), Iron: 1.89mg (10.47%), Vitamin B1: 0.15mg (10.22%), Folate: 34.16µg (8.54%), Vitamin E: 1.19mg (7.91%), Calcium: 66.74mg (6.67%), Zinc: 1mg (6.66%), Manganese: 0.12mg (6.03%), Copper: 0.1mg (5.06%), Fiber: 1.02g (4.08%), Vitamin B3: 0.74mg (3.68%), Vitamin B2: 0.04mg (2.47%)