

Grilled Grouper with Mango Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup cooking wine dry white (such as Chardonnay)
- ☐ 24 ounce grouper fillets
- ☐ 1 teaspoon honey
- ☐ 1 mangos cubed peeled
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings sea salt to taste

- ☐ 1 shallots minced
- ☐ 4 servings pepper white to taste

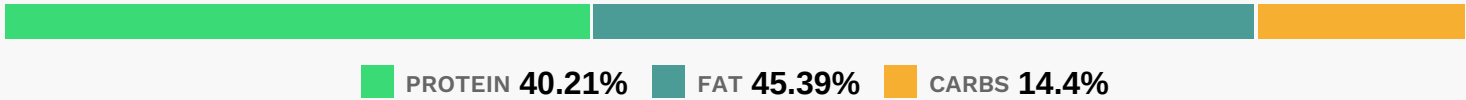
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a skillet over medium heat. Stir in the shallot; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the mango, honey 1/4 cup olive oil, white wine, red pepper flakes, and salt. Reduce heat, and simmer until liquid has reduced slightly, about 10 minutes.
- ☐ Brush both sides of the grouper fillets with 1 tablespoon of olive oil, and season with salt and white pepper.
- ☐ Heat a large skillet over medium-high heat. Arrange grouper fillets on the skillet and cook until the fish is opaque and separates easily under a fork, about 4 minutes on each side.
- ☐ Serve the fish with the mango sauce on top.

Nutrition Facts



Properties

Glycemic Index:49.76, Glycemic Load:4.66, Inflammation Score:-8, Nutrition Score:15.673913178237%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 348.95kcal (17.45%), Fat: 17.02g (26.19%), Saturated Fat: 8.24g (51.49%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 10.51g (3.82%), Sugar: 9.19g (10.21%), Cholesterol: 93.44mg (31.15%), Sodium: 381.52mg (16.59%), Alcohol: 1.54g (100%), Alcohol %: 0.74% (100%), Protein: 33.92g (67.85%), Selenium: 62.76µg (89.65%), Vitamin B6: 0.61mg (30.45%), Phosphorus: 297mg (29.7%), Potassium: 950.76mg (27.16%), Vitamin A: 1232.09IU (24.64%), Vitamin C: 19.77mg (23.96%), Vitamin B12: 1.04µg (17.41%), Magnesium: 63.21mg (15.8%), Vitamin B5: 1.42mg (14.22%), Iron: 2.07mg (11.52%), Folate: 40.57µg (10.14%), Vitamin B1: 0.14mg (9.32%), Vitamin E: 1.4mg (9.31%), Manganese: 0.18mg (9.22%), Fiber: 1.64g (6.57%), Calcium: 65.07mg (6.51%), Zinc: 0.96mg (6.38%), Copper: 0.12mg (5.95%), Vitamin K: 5.65µg (5.38%), Vitamin B3: 0.95mg (4.74%), Vitamin B2: 0.04mg (2.47%)