



Grilled Grouper with Pineapple Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon ginger or fresh grated peeled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 16 ounce grouper fillets
- ☐ 2 teaspoons jalapeno fresh finely chopped
- ☐ 1 tablespoon juice of lime
- ☐ 15 ounce pineapple tidbits in juice drained canned
- ☐ 0.5 cup bell pepper red finely chopped

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0.5 teaspoon salt divided

Equipment

☐

bowl

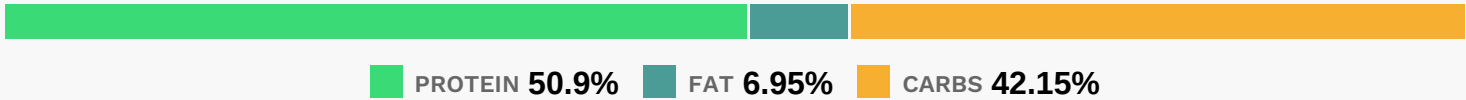
☐

grill

Directions

- ☐
- Combine first 6 ingredients in a small bowl; stir in 1/4 teaspoon salt. Cover and set aside; chill overnight, if desired.
- ☐
- Prepare grill.
- ☐
- Sprinkle remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper over fish; coat lightly with cooking spray.
- ☐
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400). Arrange fish on rack or in a grill basket coated with cooking spray; grill, uncovered, 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐
- Remove fish from grill; top with pineapple mixture.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:13.446086862813%

Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 178.36kcal (8.92%), Fat: 1.39g (2.14%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 16.79g (6.11%), Sugar: 16.13g (17.92%), Cholesterol: 41.96mg (13.99%), Sodium: 353.68mg (15.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.79%), Selenium: 42.13µg (60.19%), Vitamin C:

38.72mg (46.94%), Vitamin B6: 0.49mg (24.64%), Potassium: 751.97mg (21.48%), Phosphorus: 200.03mg (20%), Vitamin A: 934.32IU (18.69%), Magnesium: 57.3mg (14.33%), Vitamin B1: 0.2mg (13.48%), Manganese: 0.25mg (12.62%), Vitamin B12: 0.68µg (11.34%), Vitamin B5: 0.93mg (9.35%), Iron: 1.64mg (9.1%), Fiber: 2.16g (8.64%), Copper: 0.15mg (7.71%), Folate: 28.08µg (7.02%), Calcium: 57.13mg (5.71%), Zinc: 0.75mg (5.01%), Vitamin B3: 0.97mg (4.84%), Vitamin B2: 0.05mg (3.17%), Vitamin E: 0.41mg (2.76%), Vitamin K: 2.35µg (2.24%)