



## Grilled Grouper with Tomato-Papaya Salsa

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cilantro leaves fresh divided chopped
- 16 ounce grouper fillets
- 0.3 cup juice of lime fresh
- 2 teaspoons olive oil
- 0.3 teaspoon pepper freshly ground
- 4 servings tomato-papaya salsa
- 0.3 teaspoon salt


### Equipment

grill

## Directions

- Combine lime juice, 2 tablespoons cilantro, and oil in a large shallow dish.
- Place grouper in dish, turning to coat. Cover and marinate in refrigerator 20 minutes, turning once.
- Remove fillets from marinade, discarding marinade.
- Sprinkle with salt and pepper.
- Place fillets in a grilling basket coated with cooking spray.
- Coat grill rack with cooking spray and place on grill over medium-hot coals (350 to 400).
- Place basket on rack; grill, uncovered, 10 minutes on each side or until fish flakes easily when tested with a fork.
- Transfer grouper to a serving platter, and top evenly with Tomato- Papaya Salsa.
- Sprinkle with remaining 2 tablespoons cilantro.

## Nutrition Facts

 **PROTEIN 67.54%**  **FAT 21.83%**  **CARBS 10.63%**

## Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:9.2713043326917%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 135.61kcal (6.78%), Fat: 3.24g (4.98%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.85g (1.04%), Sugar: 1.48g (1.65%), Cholesterol: 41.96mg (13.99%), Sodium: 416.19mg (18.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.07%), Selenium: 41.71µg (59.58%), Vitamin B6: 0.4mg (20.21%), Phosphorus: 196.74mg (19.67%), Potassium: 654.89mg (18.71%), Vitamin B12: 0.68µg (11.34%), Magnesium: 41.64mg (10.41%), Vitamin B5: 0.94mg (9.41%), Vitamin A: 391.49IU (7.83%), Iron: 1.2mg (6.66%), Vitamin C: 5.42mg (6.56%), Vitamin B1: 0.1mg (6.34%), Vitamin K: 5.94µg (5.66%), Vitamin E: 0.74mg (4.92%), Calcium: 43.03mg (4.3%), Zinc: 0.63mg (4.18%), Manganese: 0.08mg (3.77%), Vitamin B3: 0.75mg (3.74%), Folate: 13.64µg (3.41%),

Fiber: 0.7g (2.78%), Copper: 0.05mg (2.58%), Vitamin B2: 0.02mg (1.18%)