



Grilled Grouper with Watermelon Salsa



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cucumber english chopped
- ☐ 16 oz grouper fillets
- ☐ 1 small jalapeno minced seeded
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 3 tablespoons olive oil divided
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 tablespoons onion red minced
- ☐ 1 teaspoon salt divided

- ☐ 2 cups seeded/seedless watermelon seedless chopped
- ☐ 2 tablespoons balsamic vinegar white

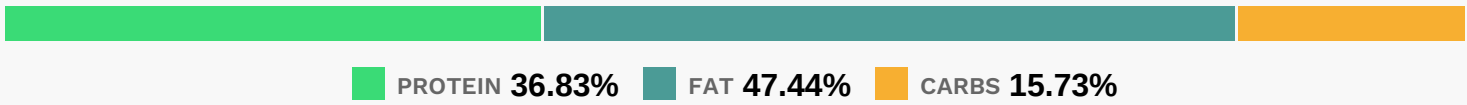
Equipment

- ☐ knife
- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Sprinkle grouper with pepper and 1/2 tsp. salt.
- ☐ Drizzle with 2 Tbsp. olive oil.
- ☐ Grill fish, covered with grill lid, 3 to 4 minutes on each side or just until fish begins to flake when poked with the tip of a sharp knife and is opaque in center.
- ☐ Combine chopped watermelon, next 5 ingredients, and remaining 1/2 tsp. salt and 1 Tbsp. olive oil.
- ☐ Serve with grilled fish.

Nutrition Facts



Properties

Glycemic Index:53.92, Glycemic Load:4.95, Inflammation Score:-6, Nutrition Score:11.567826084469%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 249.12kcal (12.46%), Fat: 13.14g (20.21%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.72g (3.17%), Sugar: 6.94g (7.71%), Cholesterol: 41.96mg (13.99%), Sodium: 777.06mg (33.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.9%), Selenium: 41.95µg (59.93%), Vitamin B6: 0.41mg (20.71%), Potassium: 723.31mg (20.67%), Phosphorus: 206.07mg (20.61%), Vitamin C: 11.73mg (14.21%),

Vitamin A: 707.7IU (14.15%), Vitamin K: 14.15µg (13.48%), Vitamin E: 2.01mg (13.43%), Magnesium: 51.41mg (12.85%), Vitamin B5: 1.14mg (11.42%), Vitamin B12: 0.68µg (11.34%), Iron: 1.53mg (8.48%), Vitamin B1: 0.12mg (8.04%), Manganese: 0.16mg (8%), Calcium: 52.74mg (5.27%), Zinc: 0.73mg (4.84%), Copper: 0.09mg (4.64%), Folate: 17.34µg (4.34%), Fiber: 1.08g (4.32%), Vitamin B3: 0.6mg (3.02%), Vitamin B2: 0.04mg (2.31%)