



HEALTH SCORE

53%

Grilled Herbed Grouper



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sprigs garnishes: basil thyme sprigs fresh
- ☐ 1 tablespoon teaspoon basil dried fresh minced
- ☐ 1 cup breadcrumbs dry fine
- ☐ 0.3 cup parsley fresh minced
- ☐ 1.5 pound grouper fillet
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon teaspoon thyme dried fresh minced

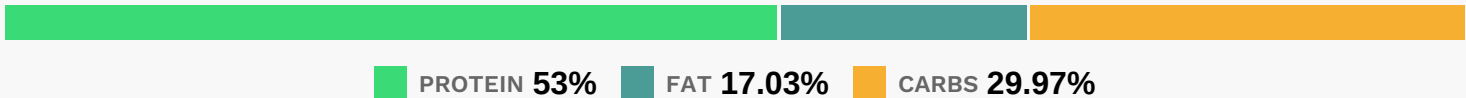
Equipment

☐ grill

Directions

- ☐ Brush fillet with oil; sprinkle with salt and pepper.
- ☐ Stir together breadcrumbs and next 3 ingredients; press onto all sides of fillet.
- ☐ Place fillet in a lightly greased grill basket.
- ☐ Grill, covered with grill lid, over medium heat (300 to 350 degrees F)
- ☐ to 8 minutes on each side or until fish flakes with a fork.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:18.945217308791%

Flavonoids

Apigenin: 93.87mg, Apigenin: 93.87mg, Apigenin: 93.87mg, Apigenin: 93.87mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 6.9mg, Isorhamnetin: 6.9mg, Isorhamnetin: 6.9mg, Isorhamnetin: 6.9mg

Nutrients (% of daily need)

Calories: 289.35kcal (14.47%), Fat: 5.32g (8.19%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 18.98g (6.9%), Sugar: 1.83g (2.03%), Cholesterol: 62.94mg (20.98%), Sodium: 588.16mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.26g (74.53%), Selenium: 69.19µg (98.85%), Phosphorus: 331.79mg (33.18%), Vitamin K: 33.59µg (31.99%), Vitamin B6: 0.57mg (28.49%), Potassium: 945.78mg (27.02%), Manganese: 0.53mg (26.66%), Vitamin B1: 0.39mg (25.7%), Iron: 3.67mg (20.38%), Magnesium: 76.41mg (19.1%), Vitamin B12: 1.12µg (18.58%), Vitamin B5: 1.46mg (14.58%), Calcium: 128.82mg (12.88%), Vitamin B3: 2.57mg (12.87%), Folate: 49.21µg (12.3%), Vitamin B2: 0.18mg (10.41%), Zinc: 1.36mg (9.09%), Fiber: 2.09g (8.36%), Vitamin A: 405.71IU (8.11%), Vitamin C: 5.9mg (7.15%), Copper: 0.13mg (6.7%), Vitamin E: 0.5mg (3.34%)