



Grilled Marinated Meat



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



411 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 pounds fish fillets



6 servings lemon-pepper marinade



6 servings spiced cider and maple marinade



6 servings soy-balsamic marinade



6 servings wine and herb marinade

Equipment



grill



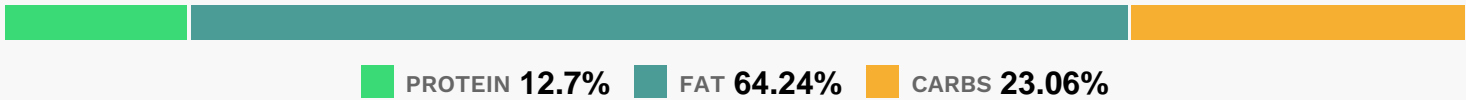
spatula

☐ tongs

Directions

- ☐ Trim and discard excess fat from meat (dripping fat can cause flare-ups). Rinse pieces and pat dry; if necessary, cut into serving-size pieces.
- ☐ Place meat in a heavy zip-lock bag (1-gal. size; see notes). Seal bag and turn to coat pieces in marinade. Chill, turning occasionally, at least 30 minutes or up to 1 day for meats and poultry, 20 to 30 minutes for fish.
- ☐ With tongs, lift pieces from bag and lay on a barbecue grill 4 to 6 inches above a single, solid layer of hot coals or high heat on a heated gas grill (you can hold your hand at grill level only 2 to 3 seconds; see notes); close lid on gas barbecue. Discard marinade.
- ☐ With a wide spatula or tongs, turn pieces over halfway through cooking. (For fish fillets with skin, grill skin side down first; to turn, slip spatula under flesh and flip onto another place on grill.
- ☐ Remove and discard skin.) Cook beef or lamb until done to your liking (cut to test), 8 to 10 minutes total for medium-rare; pork and chicken until no longer pink in center of thickest part (cut to test), 9 to 12 minutes total; or fish until barely opaque but still moist-looking in center of thickest part (cut to test), 9 to 12 minutes total.
- ☐ Transfer meat to a board or platter and let rest 2 to 3 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:5.53, Inflammation Score:-5, Nutrition Score:8.3199999452285%

Nutrients (% of daily need)

Calories: 411.38kcal (20.57%), Fat: 21.75g (33.45%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 17.54g (6.38%), Sugar: 13.15g (14.62%), Cholesterol: 38.56mg (12.85%), Sodium: 45.21mg (1.97%), Alcohol: 15.39g (100%), Alcohol %: 8.35% (100%), Protein: 9.68g (19.35%), Manganese: 0.67mg (33.3%), Vitamin K: 26.68µg (25.41%), Vitamin B2: 0.35mg (20.58%), Vitamin B3: 3.76mg (18.8%), Vitamin B6: 0.26mg (13.01%), Selenium: 7.7µg (11.01%), Phosphorus: 105.33mg (10.53%), Vitamin E: 1.3mg (8.67%), Potassium: 290.01mg (8.29%), Magnesium: 30.93mg (7.73%), Zinc: 1.01mg (6.71%), Iron: 1.04mg (5.8%), Vitamin B5: 0.52mg (5.24%), Calcium: 39.74mg (3.97%), Vitamin B1: 0.05mg (3.44%), Vitamin B12: 0.16µg (2.66%), Copper: 0.04mg (1.82%), Vitamin A: 72.52IU (1.45%), Folate: 4.58µg (1.15%)