



Grilled Mediterranean Grouper

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup unseasoned bread cubes french
- 1 tablespoon capers drained
- 1 clove garlic
- 16 ounce grouper fillets
- 1 teaspoon juice of lemon
- 1 teaspoon olive oil
- 0.5 cup olives ripe

Equipment

- food processor
- bowl
- knife
- grill

Directions

- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- While grill heats, position knife blade in food processor bowl; add olives and next 5 ingredients. Process until smooth; set aside.
- Place fillets on rack; grill, uncovered, 5 minutes on one side. Turn fillets.
- Spread 2 tablespoons olive mixture over each fillet. Grill 5 additional minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:5.99, Inflammation Score:-4, Nutrition Score:9.8626087592996%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 179.71kcal (8.99%), Fat: 5.12g (7.88%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.79g (2.83%), Sugar: 0.82g (0.91%), Cholesterol: 41.96mg (13.99%), Sodium: 467.91mg (20.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.69%), Selenium: 45.9µg (65.58%), Phosphorus: 201.35mg (20.14%), Vitamin B6: 0.37mg (18.58%), Potassium: 577.21mg (16.49%), Vitamin B1: 0.19mg (12.67%), Vitamin B12: 0.68µg (11.34%), Magnesium: 42.66mg (10.67%), Iron: 1.72mg (9.57%), Vitamin B5: 0.91mg (9.1%), Folate: 29.63µg (7.41%), Vitamin B3: 1.13mg (5.64%), Vitamin E: 0.84mg (5.59%), Manganese: 0.11mg (5.38%), Calcium: 49.32mg (4.93%), Zinc: 0.72mg (4.8%), Vitamin A: 231.38IU (4.63%), Vitamin B2: 0.07mg (4.34%), Fiber: 0.97g (3.86%), Copper: 0.08mg (3.77%), Vitamin K: 1.45µg (1.38%)