

## Grilled Opelu



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

## Ingredients



0.5 cup juice of lemon fresh



0.5 cup olive oil



4 servings salt and pepper to taste



4 opelu



4 opelu

## Equipment



bowl



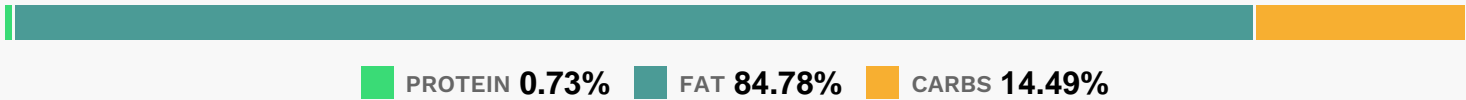
baking pan

☐ grill

Directions

- ☐ Gut the fish if necessary and rinse well inside and out.
- ☐ Mix the lemon juice and olive oil together in a small bowl. Make ½-inch deep slits about 1-inch apart down both sides of the fish.
- ☐ Lay them into a shallow sided baking dish and pour the marinade over them.
- ☐ Let them marinate about 30 minutes. Prepare the grill and let it burn down to medium-hot coals.
- ☐ Remove the fish from the marinade and place them on clean well oiled grates set 4 to 6 inches above prepared coals or fire, and about 3 inches apart. Baste with marinade, and close the hood of the grill. Cook until fish is opaque and moist on the inside, about 6 to 8 minutes for fish less than 1-inch thick, and 10 to 15 minutes for fish larger than 1-inch thick.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2847826118055%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 54.45kcal (2.72%), Fat: 5.47g (8.42%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.77g (0.85%), Cholesterol: 0mg (0%), Sodium: 194.2mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.21%), Vitamin C: 11.8mg (14.31%), Vitamin E: 0.82mg (5.49%), Vitamin K: 3.25µg (3.1%), Folate: 6.1µg (1.52%)