



Grilled Red Snapper with Grapefruit-Thyme Mojo



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 grapefruit juiced
- ☐ 1 grapefruit sliced for garnish
- ☐ 2 teaspoons 2 teaspoons grated grapefruit zest grated
- ☐ 1 teaspoon honey

- ☐ 0.3 teaspoon kosher salt
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- ☐ 0.3 cup olive oil
- ☐ 0.3 cup orange juice fresh
- ☐ 4 fillet snapper skinless red
- ☐ 8 cloves roasted garlic
- ☐ 2 serrano chiles coarsely chopped

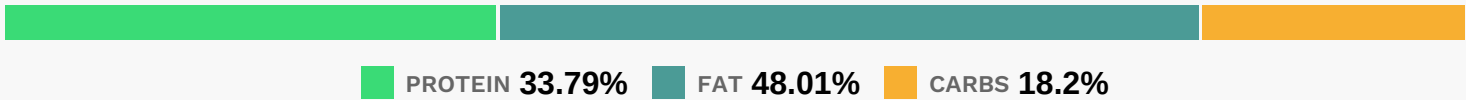
Equipment

- ☐ blender
- ☐ grill

Directions

- ☐ Heat your grill to high.
- ☐ Brush the fish with oil and season both sides of the fish with the salt and pepper.
- ☐ Place the fish on the grill, and grill for 3 to 4 minutes or until golden brown and slightly charred. Turn the fish over and continue grilling, for 3 to 4 minutes for medium doneness.
- ☐ Remove the fish from the grill and let rest 5 minutes.
- ☐ Drizzle mojo over snapper and serve with grapefruit slices on the side.
- ☐ Combine all of the ingredients in a blender and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:65.32, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:28.380869554437%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg Naringenin: 42.11mg, Naringenin: 42.11mg, Naringenin: 42.11mg, Naringenin: 42.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.7mg,

Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 430.04kcal (21.5%), Fat: 23.07g (35.5%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 16.95g (6.16%), Sugar: 11.78g (13.08%), Cholesterol: 62.9mg (20.97%), Sodium: 837.59mg (36.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.54g (73.08%), Vitamin D: 17.34µg (115.6%), Selenium: 65.98µg (94.26%), Vitamin B12: 5.1µg (85%), Vitamin C: 57.73mg (69.97%), Vitamin B6: 0.85mg (42.63%), Phosphorus: 375.1mg (37.51%), Vitamin A: 1796.86IU (35.94%), Vitamin E: 5mg (33.36%), Potassium: 962.69mg (27.51%), Magnesium: 73.22mg (18.3%), Vitamin B5: 1.7mg (16.97%), Vitamin K: 14.17µg (13.49%), Manganese: 0.22mg (11.18%), Fiber: 2.73g (10.94%), Vitamin B1: 0.16mg (10.83%), Calcium: 105.68mg (10.57%), Folate: 31.66µg (7.91%), Copper: 0.13mg (6.62%), Zinc: 0.83mg (5.53%), Iron: 0.99mg (5.52%), Vitamin B3: 0.94mg (4.68%), Vitamin B2: 0.07mg (4.04%)