



Grilled Snapper with Orange-Almond Sauce



Gluten Free



Low Fod Map

READY IN



32 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.5 cup butter
- ☐ 48 ounce grouper fillets
- ☐ 2 tablespoons olive oil
- ☐ 6 servings garnish: orange wedges
- ☐ 0.5 tablespoon orange rind grated
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 teaspoon sea salt coarse-grain

☐ 4 thyme sprigs fresh

Equipment

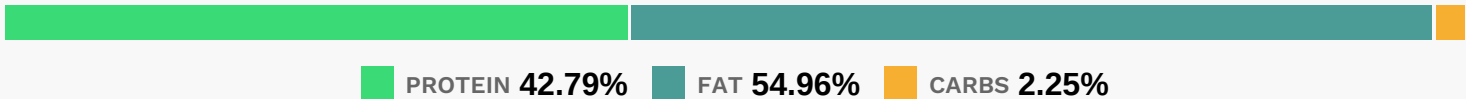
☐ sauce pan

☐ grill

Directions

- ☐ Rub fish fillets with oil.
- ☐ Sprinkle evenly with 1 teaspoon salt and 1 teaspoon pepper.
- ☐ Arrange thyme sprigs on hot charcoal or hot lava rocks on grill. Coat food rack with vegetable cooking spray; place on grill over high heat (400 to 500).
- ☐ Place fish on rack, and grill 5 to 6 minutes on each side or until fish flakes with a fork.
- ☐ Melt butter in a saucepan over medium-high heat; add almonds, and saute 5 minutes or until butter is brown.
- ☐ Remove from heat. Stir in orange rind.
- ☐ Pour sauce over fish.
- ☐ Garnish, if desired.
- ☐ * Orange thyme may be substituted for thyme sprigs

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:17.853912954745%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.2mg

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 432.93kcal (21.65%), Fat: 26.19g (40.29%), Saturated Fat: 11.2g (70%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.35g (0.39%), Cholesterol: 124.59mg (41.53%), Sodium: 629.82mg (27.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.87g (91.75%), Selenium: 83.31µg (119.01%), Phosphorus: 411.22mg (41.12%), Vitamin B6: 0.7mg (34.96%), Potassium: 1171.93mg (33.48%), Magnesium: 94.74mg (23.69%), Vitamin B12: 1.39µg (23.22%), Vitamin E: 3.08mg (20.52%), Vitamin B5: 1.77mg (17.72%), Vitamin A: 880.23IU (17.6%), Iron: 2.66mg (14.8%), Manganese: 0.28mg (13.95%), Vitamin B1: 0.18mg (11.81%), Calcium: 95.72mg (9.57%), Zinc: 1.38mg (9.21%), Copper: 0.14mg (6.94%), Vitamin B2: 0.11mg (6.71%), Folate: 25.31µg (6.33%), Fiber: 1.33g (5.32%), Vitamin B3: 1.03mg (5.17%), Vitamin K: 4.68µg (4.46%), Vitamin C: 3.35mg (4.06%)