



Grilled Whitefish with Stuffing



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups rice cooked
- ☐ 0.5 cup salad dressing
- ☐ 0.3 cup spring onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounces water chestnuts drained sliced canned
- ☐ 2 ounces pimientos diced
- ☐ 1 fish fillet whole

- ☐ 0.3 cup butter melted
- ☐ 1 serving lemon wedges

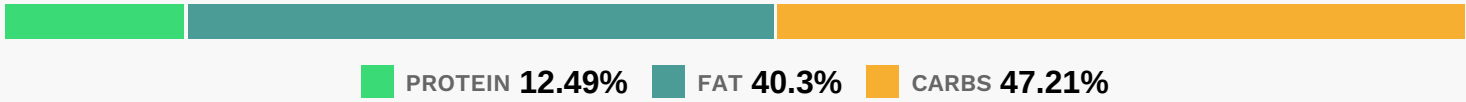
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Heat coals or gas grill for direct heat. Lightly brush hinged wire grill basket with vegetable oil.
- ☐ Mix all ingredients except fish, butter and lemon. Stuff fish with rice mixture. Fasten opening with skewers; lace with string.
- ☐ Place fish in basket.
- ☐ Grill uncovered 5 inches from medium heat 50 minutes, brushing frequently with butter and turning once, until fish flakes easily with fork. Discard any remaining butter.
- ☐ Garnish with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:40.58, Glycemic Load:24.18, Inflammation Score:-5, Nutrition Score:9.2821739238241%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 279.07kcal (13.95%), Fat: 12.53g (19.28%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 30.85g (11.22%), Sugar: 4.05g (4.5%), Cholesterol: 14.17mg (4.72%), Sodium: 596.91mg (25.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Selenium: 18.63µg (26.62%), Manganese: 0.48mg (23.97%), Vitamin K: 24.08µg (22.93%), Vitamin C: 11.81mg (14.32%), Vitamin A: 652.15IU (13.04%), Vitamin B6: 0.26mg (12.76%), Phosphorus: 102.79mg (10.28%), Vitamin B3: 1.76mg (8.82%), Fiber: 2.18g

(8.71%), Vitamin E: 1.27mg (8.49%), Vitamin B12: 0.46µg (7.62%), Copper: 0.15mg (7.51%), Potassium: 238.16mg (6.8%), Iron: 1.17mg (6.5%), Vitamin D: 0.88µg (5.86%), Magnesium: 23.35mg (5.84%), Vitamin B5: 0.54mg (5.44%), Zinc: 0.76mg (5.08%), Folate: 16.92µg (4.23%), Vitamin B2: 0.06mg (3.38%), Vitamin B1: 0.04mg (2.93%), Calcium: 23.64mg (2.36%)