



Grouper Athenian



Gluten Free



Very Healthy

READY IN



9 min.

SERVINGS



4

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce basil- and tomato-flavored feta cheese crumbled
- ☐ 16 ounce grouper fillets
- ☐ 1 plum tomatoes coarsely chopped
- ☐ 2 teaspoons greek seasoning salt-free
- ☐ 10 ounce pkt spinach frozen dry thawed chopped

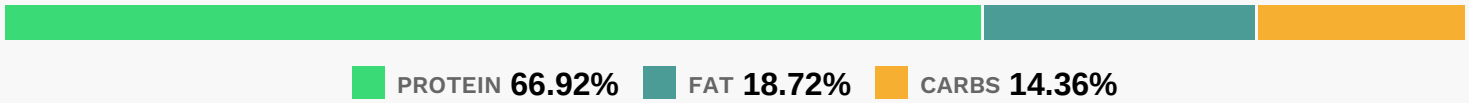
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle both sides of fillets with seasoning. Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add fish, and cook 3 minutes; remove skillet from heat.
- ☐ Turn fish; top with spinach, tomato, and cheese. Return skillet to heat; cover and cook 3 to 4 minutes or until spinach is hot and fish flakes easily when tested with a fork.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:25.101738989353%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 152.98kcal (7.65%), Fat: 3.22g (4.96%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 2.27g (0.83%), Sugar: 0.97g (1.08%), Cholesterol: 48.27mg (16.09%), Sodium: 194.73mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.91g (51.83%), Vitamin K: 280.32µg (266.98%), Vitamin A: 8673.77IU (173.48%), Selenium: 46.82µg (66.88%), Manganese: 0.66mg (32.87%), Folate: 123.41µg (30.85%), Vitamin B6: 0.53mg (26.51%), Phosphorus: 249.68mg (24.97%), Potassium: 865.12mg (24.72%), Magnesium: 98.01mg (24.5%), Calcium: 197.89mg (19.79%), Iron: 3.34mg (18.58%), Vitamin E: 2.6mg (17.35%), Vitamin B2: 0.24mg (14.13%), Vitamin B12: 0.8µg (13.34%), Fiber: 3.29g (13.15%), Vitamin B1: 0.17mg (11.13%), Vitamin B5: 1.02mg (10.22%), Zinc: 1.24mg (8.25%), Copper: 0.15mg (7.59%), Vitamin C: 6.08mg (7.37%), Vitamin B3: 0.99mg (4.95%)