



Grouper Fillets with Citrus-Fennel Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.1 teaspoon pepper black freshly ground



1 tablespoon cider vinegar



0.5 cup cucumber finely chopped



1 tablespoon olive oil extravirgin



1 cup fennel bulb finely chopped (1 bulb)



1 teaspoon tarragon fresh chopped



24 ounce grouper fillets white firm ()



0.3 cup lemon sections chopped (2 lemons)

- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup orange sections chopped (2 oranges)
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons sugar

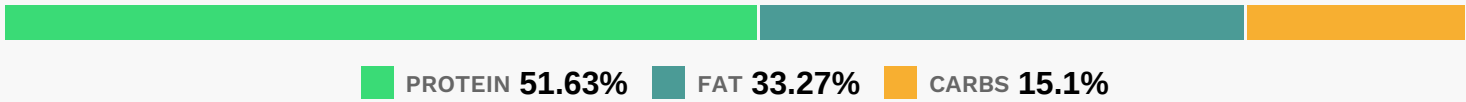
Equipment

- ☐ frying pan

Directions

- ☐ To prepare relish, combine first 12 ingredients, tossing well to coat.
- ☐ To prepare fish, brush fish with 1 tablespoon oil; sprinkle evenly with 1/2 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Heat a nonstick skillet over medium–high heat. Coat pan with cooking spray.
- ☐ Add fish to pan. Cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve fish with relish.

Nutrition Facts



Properties

Glycemic Index:91.77, Glycemic Load:3.51, Inflammation Score:-6, Nutrition Score:20.147826018541%

Flavonoids

Eriodictyol: 3.07mg, Eriodictyol: 3.07mg, Eriodictyol: 3.07mg, Eriodictyol: 3.07mg Hesperetin: 12.89mg, Hesperetin: 12.89mg, Hesperetin: 12.89mg, Hesperetin: 12.89mg Naringenin: 5.24mg, Naringenin: 5.24mg, Naringenin: 5.24mg, Naringenin: 5.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 267.38kcal (13.37%), Fat: 10.1g (15.54%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 8.01g (2.91%), Sugar: 6.67g (7.41%), Cholesterol: 85.05mg (28.35%), Sodium: 537.61mg (23.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.52%), Selenium: 71.6µg (102.29%), Vitamin B12: 2.69µg (44.79%), Vitamin C: 30mg (36.37%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.96mg (34.78%), Phosphorus: 316.27mg (31.63%), Potassium: 744.85mg (21.28%), Vitamin K: 21.61µg (20.58%), Vitamin B6: 0.35mg (17.71%), Folate: 64.58µg (16.15%), Magnesium: 59.5mg (14.88%), Vitamin E: 1.9mg (12.7%), Vitamin B5: 1.05mg (10.47%), Manganese: 0.2mg (10.23%), Fiber: 2.3g (9.22%), Copper: 0.18mg (9.22%), Vitamin B2: 0.15mg (8.56%), Iron: 1.51mg (8.4%), Vitamin B1: 0.12mg (7.97%), Calcium: 57.27mg (5.73%), Zinc: 0.71mg (4.74%), Vitamin A: 141.83IU (2.84%)