



Grouper Fillets with Fire-Roasted Peppers



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons basil fresh minced
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 garlic cloves thinly sliced
- ☐ 24 ounce grouper fillets white or any other firm, fish ()
- ☐ 4 teaspoons olive oil divided
- ☐ 0.8 pound bell pepper red

- ☐ 0.5 teaspoon salt divided
- ☐ 0.8 pound bell pepper yellow

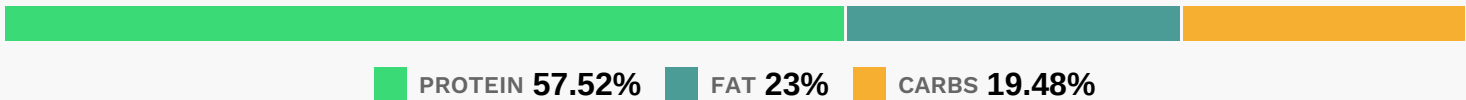
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place bell pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until peppers are blackened.
- ☐ Place bell peppers in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes; peel and cut into 1/2-inch strips.
- ☐ Combine bell peppers, basil, cilantro, 3 teaspoons oil, vinegar, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and garlic in a medium bowl.
- ☐ Sprinkle fish with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add fish; cook 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with roasted peppers.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:23.946086945741%

Flavonoids

Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 243.27kcal (12.16%), Fat: 6.19g (9.52%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 9.16g (3.33%), Sugar: 4.19g (4.66%), Cholesterol: 62.94mg (20.98%), Sodium: 387.35mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.82g (69.64%), Vitamin C: 265.63mg (321.97%), Selenium: 62.65µg (89.5%), Vitamin A: 3143.27IU (62.87%), Vitamin B6: 0.92mg (46.07%), Potassium: 1197.57mg (34.22%), Phosphorus: 321.99mg (32.2%), Folate: 77.41µg (19.35%), Magnesium: 74.91mg (18.73%), Vitamin B5: 1.7mg (17.02%), Vitamin B12: 1.02µg (17.01%), Manganese: 0.28mg (13.9%), Iron: 2.4mg (13.32%), Vitamin E: 1.94mg (12.9%), Vitamin B1: 0.19mg (12.83%), Vitamin K: 11.58µg (11.02%), Vitamin B3: 2.15mg (10.73%), Fiber: 2.64g (10.54%), Zinc: 1.21mg (8.04%), Copper: 0.15mg (7.56%), Calcium: 67.71mg (6.77%), Vitamin B2: 0.1mg (6.18%)