



HEALTH SCORE

52%

Grouper Steamed in Parchment with Sour Orange Sauce and Martini Relish



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 leaf flat parsley leaves fresh for garnish
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 0.3 cup olives green pitted quartered
- ☐ 2 fillet grouper fillets
- ☐ 1 tablespoon r honey
- ☐ 0.5 jalapeño diced finely

- ☐ 1 juice of lime fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 cups orange juice fresh
- ☐ 2 piquillo peppers diced dry drained
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 1 small shallots thinly sliced
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 2 servings splash of white wine vinegar

Equipment

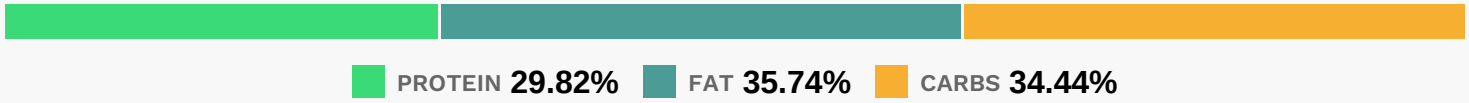
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Put the orange juice in a small nonreactive saucepan, bring to a boil over high heat and cook until thickened and reduced to about 1/4 cup.
- ☐ Whisk in the honey and transfer to a bowl.
- ☐ Whisk in the lime juice, vinegar and season with salt and pepper and more honey if needed.
- ☐ Combine the olives, peppers, shallots, jalapeno, oil, vinegar, parsley and some salt and pepper in a bowl.
- ☐ Let sit at room temperature for at least 15 minutes to allow the flavors to meld.
- ☐ For the grouper: Preheat the oven to 400 degrees F.
- ☐ Sprinkle both fillets on both sides with salt and pepper.

- ☐
- Place 1 grouper fillet in the center of each piece of parchment paper. Top each fillet with 1 tablespoon oil and 1 tablespoon wine. Fold the edges together, and then tightly fold in the edges, crimping around all sides to seal the packets completely.
- ☐
- Place the packets on a baking sheet or in a large oven-proof saute pan.
- ☐
- Bake in the oven for 15 minutes.
- ☐
- Place each packet on a dinner plate and let sit for 2 minutes. Then open the parchment and drizzle with some of the sour orange sauce and top with some of the martini relish.
- ☐
- Garnish with parsley leaves.

Nutrition Facts



Properties

Glycemic Index:138.64, Glycemic Load:18.33, Inflammation Score:-9, Nutrition Score:26.49478280026%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 31.04mg, Hesperetin: 31.04mg, Hesperetin: 31.04mg, Hesperetin: 31.04mg Naringenin: 5.42mg, Naringenin: 5.42mg, Naringenin: 5.42mg, Naringenin: 5.42mg Apigenin: 9.71mg, Apigenin: 9.71mg, Apigenin: 9.71mg, Apigenin: 9.71mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 485.96kcal (24.3%), Fat: 18.89g (29.06%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 39.15g (14.24%), Sugar: 31.61g (35.12%), Cholesterol: 62.9mg (20.97%), Sodium: 417.73mg (18.16%), Alcohol: 1.54g (100%), Alcohol %: 0.36% (100%), Protein: 35.45g (70.91%), Vitamin C: 151.75mg (183.94%), Selenium: 62.74µg (89.62%), Vitamin K: 83.77µg (79.78%), Potassium: 1439.55mg (41.13%), Vitamin B6: 0.69mg (34.61%), Phosphorus: 335.63mg (33.56%), Vitamin A: 1430.78IU (28.62%), Folate: 104.12µg (26.03%), Vitamin B1: 0.36mg (24.21%), Magnesium: 90.82mg (22.7%), Vitamin E: 2.96mg (19.71%), Vitamin B5: 1.85mg (18.49%), Iron: 3.13mg (17.4%), Vitamin B12: 1.02µg (17%), Calcium: 98.62mg (9.86%), Copper: 0.19mg (9.68%), Vitamin B3: 1.74mg (8.72%), Manganese: 0.15mg (7.64%), Zinc: 1.11mg (7.39%), Fiber: 1.81g (7.22%), Vitamin B2: 0.1mg (6.01%)