



Grouper Veracruz

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 teaspoons butter
- ☐ 28 ounce canned tomatoes whole undrained canned
- ☐ 1 tablespoon capers
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 4 garlic cloves crushed
- ☐ 0.3 cup olives green pitted chopped

- ☐ 36 ounce grouper fillets
- ☐ 1.5 teaspoons jalapeno minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons lime rind grated
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 3 cups onion thinly sliced (1 large)
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar

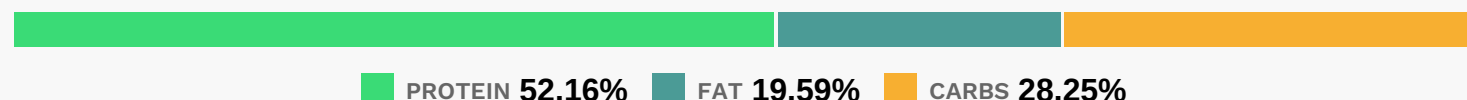
Equipment

- ☐ frying pan

Directions

- ☐ Rub both sides of fillets with garlic; sprinkle with salt. Arrange fillets in a single layer in a large shallow dish.
- ☐ Add lime rind and juice, turning to coat. Cover and marinate in refrigerator 1 hour.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 5 minutes or until golden. Stir in olives and next 6 ingredients (olives through tomatoes). Reduce heat and simmer, uncovered, 10 minutes, stirring occasionally. Stir in capers.
- ☐ Remove from pan.
- ☐ Melt butter in pan over medium-high heat.
- ☐ Add fillets; cook 3 minutes on each side or until fish flakes easily with a fork.
- ☐ Pour tomato mixture over fillets; cook 5 minutes or until thoroughly heated.
- ☐ Sprinkle with cilantro. Serving size: 1 fillet and 1/2 cup tomato sauce.

Nutrition Facts



Properties

Glycemic Index:52.68, Glycemic Load:4.76, Inflammation Score:-8, Nutrition Score:21.063043407772%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 19.41mg, Quercetin: 19.41mg, Quercetin: 19.41mg, Quercetin: 19.41mg

Nutrients (% of daily need)

Calories: 273.89kcal (13.69%), Fat: 6.07g (9.34%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 15.24g (5.54%), Sugar: 9.73g (10.82%), Cholesterol: 66.52mg (22.17%), Sodium: 627.74mg (27.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.76%), Selenium: 63.71µg (91.02%), Vitamin B6: 0.85mg (42.31%), Potassium: 1364.63mg (38.99%), Phosphorus: 348.15mg (34.81%), Vitamin C: 24.55mg (29.76%), Magnesium: 90.87mg (22.72%), Manganese: 0.42mg (21.16%), Iron: 3.65mg (20.3%), Vitamin B5: 1.79mg (17.89%), Fiber: 4.46g (17.85%), Vitamin B1: 0.27mg (17.74%), Vitamin B12: 1.02µg (17.06%), Copper: 0.34mg (16.84%), Vitamin E: 2.32mg (15.5%), Vitamin A: 717.48IU (14.35%), Vitamin K: 14.39µg (13.71%), Folate: 51.13µg (12.78%), Calcium: 123.74mg (12.37%), Vitamin B3: 2.34mg (11.7%), Zinc: 1.37mg (9.12%), Vitamin B2: 0.11mg (6.47%)