



Grouper With Mild Chipotle Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 teaspoons butter
- ☐ 8 ounce tomato sauce canned
- ☐ 0.5 to 1 chipotle chile pepper in adobo sauce mashed seeded drained
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 0.5 teaspoon ground cumin
- ☐ 24 ounce grouper fillets
- ☐ 0.3 cup orange juice fresh

- ☐ 0.5 teaspoon orange rind
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

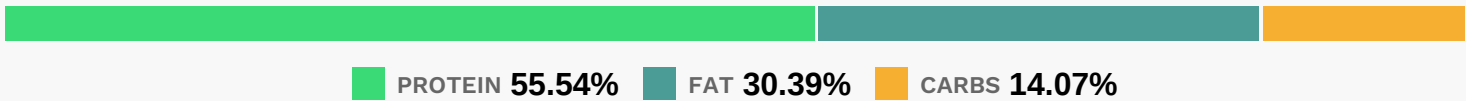
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat; add first 4 ingredients. Bring mixture to a boil, and cook 8 minutes, stirring constantly. Reduce heat to medium-low; stir in milk, and cook 1 minute.
- ☐ Remove from heat, and stir in 1 1/2 teaspoons butter. Set aside, and keep warm.
- ☐ Rinse and dry skillet.
- ☐ Heat skillet over medium-high heat; add cumin, salt, pepper, and 1 tablespoon butter, stirring well.
- ☐ Add fish, and cook 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Place fish on individual serving plates; spoon sauce evenly over fish.
- ☐ Garnish with orange slices, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:16.052173871709%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 264.68kcal (13.23%), Fat: 8.78g (13.51%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 7.94g (2.89%), Sugar: 7.29g (8.1%), Cholesterol: 83.63mg (27.88%), Sodium: 573.6mg (24.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.12g (72.25%), Selenium: 63.24µg (90.35%), Phosphorus: 361.01mg (36.1%), Potassium: 1133.89mg (32.4%), Vitamin B6: 0.59mg (29.59%), Vitamin C: 15.26mg (18.5%), Magnesium: 72.26mg (18.06%), Vitamin B12: 1.08µg (18%), Vitamin B5: 1.7mg (16.99%), Vitamin A: 744.25IU (14.89%), Calcium: 142.74mg (14.27%), Iron: 2.34mg (12.98%), Vitamin B1: 0.17mg (11.22%), Vitamin B2: 0.15mg (9.06%), Zinc: 1.21mg (8.08%), Folate: 29.4µg (7.35%), Vitamin E: 1.01mg (6.73%), Vitamin B3: 1.25mg (6.27%), Copper: 0.12mg (5.83%), Manganese: 0.11mg (5.3%), Fiber: 1.21g (4.84%), Vitamin K: 2.29µg (2.18%)