



 **78%**
HEALTH SCORE

Grouper with Roasted Asparagus and Peppers

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound asparagus spears
- 1 cup bell pepper strips red cut in half crosswise (1/)
- 0.1 teaspoon pepper black
- 1 teaspoon optional: dill dried divided
- 24 ounce grouper fillets
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil
- 0.5 teaspoon salt divided

Equipment

- frying pan
- oven

Directions

- Preheat oven to 425
- Snap off tough ends of asparagus.
- Cut asparagus into 2-inch pieces. Toss asparagus and bell peppers with olive oil, and place on a jelly roll pan coated with cooking spray.
- Bake at 425 for 8 to 10 minutes or until crisp-tender, stirring occasionally.
- Remove from oven.
- Sprinkle with lemon juice, 3/4 teaspoon dill, and 1/4 teaspoon salt, tossing gently to coat. Set aside, and keep warm.
- Arrange fillets on a jelly roll pan coated with cooking spray.
- Sprinkle fillets evenly with 1/4 teaspoon dill, 1/4 teaspoon salt, and black pepper.
- Bake at 425 for 10 to 12 minutes or until fish flakes easily when tested with a fork. Top with asparagus mixture.
- Serve immediately.
- carbo rating: 3

Nutrition Facts

PROTEIN 66.93% **FAT 23.63%** **CARBS 9.44%**

Properties

Glycemic Index:24, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:20.622173972752%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 3.23mg,

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 210.07kcal (10.5%), Fat: 5.44g (8.36%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.73g (3.03%), Cholesterol: 62.94mg (20.98%), Sodium: 384.1mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.3%), Selenium: 63.43µg (90.62%), Vitamin C: 52.43mg (63.55%), Vitamin A: 1853.37IU (37.07%), Vitamin B6: 0.68mg (33.82%), Phosphorus: 316.48mg (31.65%), Potassium: 1027.76mg (29.36%), Vitamin K: 27.62µg (26.31%), Vitamin B12: 1.02µg (17.01%), Iron: 3.04mg (16.89%), Magnesium: 66.6mg (16.65%), Folate: 62.69µg (15.67%), Vitamin B5: 1.55mg (15.55%), Vitamin B1: 0.22mg (14.82%), Vitamin E: 1.74mg (11.6%), Manganese: 0.17mg (8.71%), Zinc: 1.23mg (8.18%), Fiber: 2.03g (8.14%), Copper: 0.15mg (7.52%), Vitamin B3: 1.46mg (7.31%), Vitamin B2: 0.12mg (7.15%), Calcium: 67.32mg (6.73%)