



Grouper with Roasted Corn and Peppers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cooking oil
- 0.5 teaspoon thyme leaves dried
- 2 cups corn kernels fresh frozen (cut from 3 ears)
- 1 bell pepper green cut into 1/2-inch squares
- 0.5 teaspoon fresh-ground pepper black
- 2 pounds grouper fillets
- 1 bell pepper red cut into 1/2-inch squares
- 0.5 teaspoon salt

Equipment

- frying pan
- paper towels
- oven
- roasting pan

Directions

- Heat the oven to 450°F.
- In a large roasting pan, combine the red and green bell peppers, the corn, 1 tablespoon of the oil, and 1/4 teaspoon each of the salt, pepper, and thyme. Roast in the oven until the corn and peppers start to brown, about 12 minutes, stirring twice.
- Rub the remaining tablespoon oil over both sides of the fish.
- Sprinkle the fish with the remaining 1/4 teaspoon each salt, pepper, and thyme.
- Remove the roasting pan from the oven and push the corn-and-pepper mixture to the sides of the pan.
- Put the fish in the center of the pan, skin-side down, and cook until just done, about 15 minutes for 1-inch-thick fillets.
- Serve the fish with the corn and peppers.
- Fish Alternatives: Other moderately firm fish to roast here include tilefish, sea bass, and cod. If the fillets are skinned, coat them with a bit of oil before adding to the pan.
- Test-Kitchen Tip: If using frozen corn kernels, let them defrost if you can; it only takes a few minutes. Measure the corn first thing and it will be defrosted by the time you're ready for it. Pat the corn dry with a paper towel after defrosting so that the excess moisture won't get in the way during cooking and make browning impossible.
- Wine Recommendation: Any number of light white wines will go nicely with this. Try a chardonnay from France, such as a Meun-Villages or one of the newer-styled chardonnays from the Pays d'Oc region.

Nutrition Facts

PROTEIN 53.68% **FAT 26.9%** **CARBS 19.42%**

Properties

Glycemic Index:18.5, Glycemic Load:0.49, Inflammation Score:-9, Nutrition Score:24.092608576236%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 347.54kcal (17.38%), Fat: 10.45g (16.08%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 14.28g (5.19%), Sugar: 6.51g (7.23%), Cholesterol: 83.91mg (27.97%), Sodium: 423.96mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.91g (93.82%), Selenium: 83.26µg (118.95%), Vitamin C: 66.99mg (81.2%), Vitamin B6: 0.9mg (45.12%), Phosphorus: 446.27mg (44.63%), Potassium: 1410.41mg (40.3%), Vitamin A: 1507.56IU (30.15%), Magnesium: 104.39mg (26.1%), Vitamin B5: 2.35mg (23.48%), Vitamin B12: 1.36µg (22.68%), Vitamin B1: 0.31mg (20.34%), Folate: 67.91µg (16.98%), Iron: 2.81mg (15.59%), Manganese: 0.26mg (13.1%), Vitamin E: 1.87mg (12.45%), Vitamin B3: 2.44mg (12.18%), Vitamin K: 11.42µg (10.88%), Fiber: 2.69g (10.76%), Zinc: 1.55mg (10.31%), Calcium: 71.39mg (7.14%), Copper: 0.11mg (5.69%), Vitamin B2: 0.09mg (5.05%)