



Grouper with Tapenade

 Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 fillet anchovy
- 0.3 teaspoon pepper black
- 2 tablespoons capers drained
- 0.5 teaspoon olive oil extravirgin
- 2 garlic cloves halved
- 24 ounce grouper fillets white
- 0.3 cup kalamata olives pitted
- 0.3 teaspoon lemon rind fresh grated

0.1 teaspoon salt

Equipment

food processor

bowl

broiler

broiler pan

Directions

Preheat broiler.

Sprinkle fish evenly with salt and pepper; place on a broiler pan coated with cooking spray. Broil 7 minutes or until fish flakes easily when tested with a fork.

Process olives and next 5 ingredients in a food processor until finely chopped, scraping sides of bowl if necessary.

Serve with fish.

Nutrition Facts

 **PROTEIN 74.49%** **FAT 23.11%** **CARBS 2.4%**

Properties

Glycemic Index:15.5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:15.598260928755%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 184.79kcal (9.24%), Fat: 4.78g (7.35%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.08g (0.09%), Cholesterol: 85.65mg (28.55%), Sodium: 404.84mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.3%), Selenium: 71.81µg (102.59%), Vitamin B12: 2.69µg (44.9%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.84mg (34.19%), Phosphorus: 294.15mg (29.42%), Potassium: 530.56mg (15.16%), Vitamin B6: 0.3mg (14.99%), Magnesium: 49.19mg (12.3%), Folate: 42.17µg (10.54%), Vitamin B5: 0.85mg (8.49%), Copper: 0.16mg (8.05%), Vitamin E: 1.12mg (7.45%), Vitamin B2: 0.12mg (6.93%), Iron:

1.14mg (6.31%), Manganese: 0.11mg (5.4%), Vitamin B1: 0.08mg (5.07%), Zinc: 0.61mg (4.09%), Vitamin K: 4.02μg (3.82%), Calcium: 27.95mg (2.8%), Fiber: 0.48g (1.93%)