



Grouper with Tomato and Basil

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 servings accompaniment: corn spoon bread fresh
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 small garlic clove minced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 1 lb snapper fillet red halved (3/)
- ☐ 0.5 cup tomatoes coarsely chopped

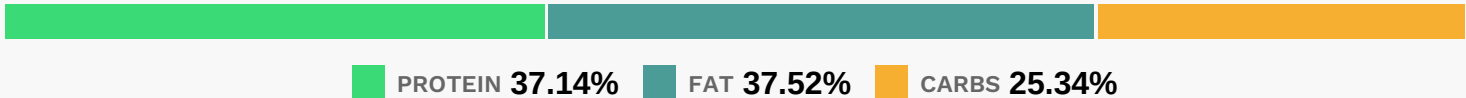
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Working off heat, put 1 tablespoon oil in a 10-inch nonstick skillet and add fish, turning to coat with oil on both sides. Arrange fish skinned sides down and sprinkle with salt and pepper.
- ☐ Toss together tomato, garlic (if using), basil, remaining tablespoon oil, and salt and pepper to taste in a small bowl, then mound on top of fish. Cover skillet with a tight-fitting lid and cook fish over moderately high heat until just cooked through, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:29.77565230494%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 558.27kcal (27.91%), Fat: 22.89g (35.21%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 32.86g (11.95%), Sugar: 10.6g (11.78%), Cholesterol: 118.11mg (39.37%), Sodium: 797.74mg (34.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.97g (101.94%), Vitamin D: 23.13µg (154.22%), Selenium: 92.08µg (131.55%), Vitamin B12: 6.94µg (115.7%), Phosphorus: 696.21mg (69.62%), Vitamin B6: 1.01mg (50.5%), Potassium: 1127.6mg (32.22%), Vitamin E: 4.72mg (31.46%), Magnesium: 88.75mg (22.19%), Vitamin K: 22.35µg (21.28%), Vitamin B5: 2.1mg (20.97%), Calcium: 164.43mg (16.44%), Vitamin B1: 0.24mg (15.73%), Vitamin A: 756.62IU (15.13%), Manganese: 0.27mg (13.49%), Folate: 51.35µg (12.84%), Vitamin C: 9.62mg (11.66%), Vitamin B3: 2.1mg (10.48%), Iron: 1.8mg (10%), Zinc: 1.32mg (8.78%), Fiber: 1.92g (7.69%), Vitamin B2: 0.12mg (7.19%), Copper: 0.14mg (7.17%)