



## Grouper with Tomato and Olive Wine Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 1 cup cherry tomatoes quartered
- 0.5 cup cooking wine dry white
- 0.3 cup less-sodium chicken broth fat-free
- 1 tablespoon herbs fresh such as basil, parsley, or oregano chopped
- 24 ounce grouper fillets ( 1/)
- 1 tablespoon olive oil

- 0.3 cup olives pitted ripe halved
- 0.5 cup onion chopped
- 0.3 teaspoon salt

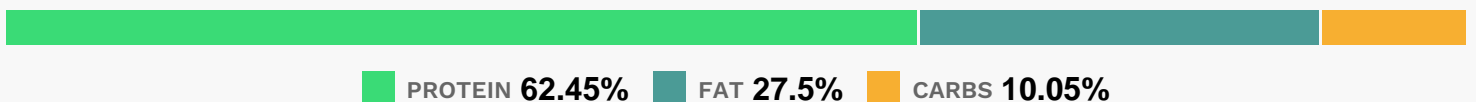
## Equipment

- frying pan
- sauce pan

## Directions

- Heat a medium saucepan coated with cooking spray over medium-high heat.
- Add onion and garlic; saut 3 minutes.
- Add wine and broth; reduce heat, cover, and simmer 3 minutes. Stir in tomatoes, olives, and herbs; cover and cook 3 minutes.
- Remove from heat; keep warm.
- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle both sides of fish with salt and pepper.
- Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork. Top with tomato mixture.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:15.024347823599%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

0.16mg, Kaempferol: 0.16mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin:  
4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

## **Nutrients (% of daily need)**

Calories: 244.12kcal (12.21%), Fat: 6.64g (10.22%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 5.46g (1.82%), Net  
Carbohydrates: 4.47g (1.62%), Sugar: 2.17g (2.41%), Cholesterol: 62.94mg (20.98%), Sodium: 451.97mg (19.65%),  
Alcohol: 3.09g (100%), Alcohol %: 1.34% (100%), Protein: 33.95g (67.9%), Selenium: 63.26µg (90.37%), Vitamin B6:  
0.62mg (30.81%), Phosphorus: 304.21mg (30.42%), Potassium: 979.78mg (27.99%), Vitamin K: 20.12µg (19.16%),  
Vitamin B12: 1.06µg (17.64%), Magnesium: 63.54mg (15.89%), Vitamin C: 12.08mg (14.65%), Vitamin B5: 1.41mg  
(14.07%), Iron: 2.1mg (11.64%), Vitamin A: 544.1IU (10.88%), Vitamin B1: 0.15mg (10.15%), Manganese: 0.19mg (9.28%),  
Vitamin E: 1.05mg (6.99%), Calcium: 69.05mg (6.91%), Folate: 26.31µg (6.58%), Zinc: 0.99mg (6.58%), Copper:  
0.1mg (4.77%), Vitamin B3: 0.94mg (4.72%), Fiber: 1g (3.99%), Vitamin B2: 0.04mg (2.07%)