



Jalapeño-Lime Grilled Grouper



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1.5 teaspoons garlic fresh minced
- ☐ 1.5 lb grouper fillets
- ☐ 1.5 tablespoons pickled jalapeño pepper chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 servings mango relish
- ☐ 0.5 teaspoon pepper

☐ 1 teaspoon salt

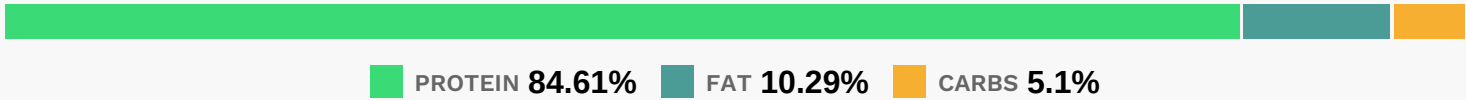
Equipment

☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Coat a grill tray or basket with cooking spray, and place on grill.
- ☐ Heat, covered with grill lid, 10 minutes.
- ☐ Meanwhile, combine cilantro and next 4 ingredients.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Place fish on hot grill tray. Grill fish, covered with grill lid, 6 to 8 minutes on each side or until fish flakes with a fork, spreading fish with cilantro mixture during the last 2 minutes of grilling.
- ☐ Serve fish with Mango Relish.
- ☐ *Amberjack, tilapia, or mahi-mahi may be substituted.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:12.252608848655%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 164.37kcal (8.22%), Fat: 1.79g (2.76%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.54g (0.6%), Cholesterol: 62.94mg (20.98%), Sodium: 672.46mg (29.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.38%), Selenium: 62.31µg (89.01%), Phosphorus: 281.07mg (28.11%), Vitamin B6: 0.56mg (27.79%), Potassium: 862.75mg (24.65%), Vitamin B12: 1.02µg (17.01%),

Magnesium: 55.83mg (13.96%), Vitamin B5: 1.32mg (13.2%), Vitamin C: 9.8mg (11.88%), Iron: 1.6mg (8.89%), Vitamin B1: 0.13mg (8.44%), Vitamin A: 340.16IU (6.8%), Zinc: 0.86mg (5.71%), Calcium: 51.75mg (5.17%), Folate: 18.46µg (4.62%), Manganese: 0.09mg (4.44%), Vitamin B3: 0.65mg (3.24%), Copper: 0.05mg (2.58%), Vitamin K: 2.49µg (2.37%), Vitamin E: 0.24mg (1.62%), Fiber: 0.33g (1.34%)