



Key West-Style Baked Grouper

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter softened plus more for baking dish
- ☐ 2 teaspoons garlic powder
- ☐ 32 ounce fillets grouper
- ☐ 1 tablespoon lemon pepper to taste
- ☐ 12 slices lime
- ☐ 0.3 cup key lime juice
- ☐ 2 teaspoons onion powder
- ☐ 0.3 cup orange juice fresh

- ☐ 8 oranges
- ☐ 1 teaspoon salt

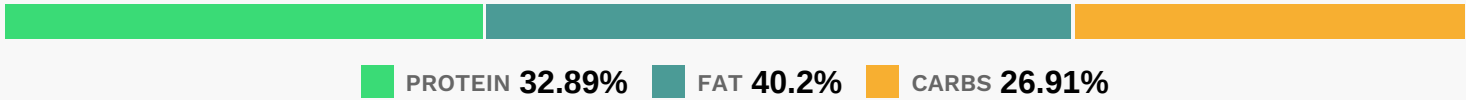
Equipment

- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly butter a 9x13-inch glass baking dish and set aside.
- ☐ Season the grouper fillets with salt, lemon pepper, garlic powder, and onion powder; place into prepared baking dish.
- ☐ Spread about 2 tablespoons of softened butter over the top of each fillet.
- ☐ Pour in the lime and orange juices, then cover each fillet with 3 slices of lime and 2 slices of orange.
- ☐ Bake in preheated oven until fish is opaque and flakes easily with a fork, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:53.38, Glycemic Load:12.05, Inflammation Score:-9, Nutrition Score:27.4899999936975%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 83.63mg, Hesperetin: 83.63mg, Hesperetin: 83.63mg, Hesperetin: 83.63mg Naringenin: 41.24mg, Naringenin: 41.24mg, Naringenin: 41.24mg, Naringenin: 41.24mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 564.44kcal (28.22%), Fat: 25.79g (39.68%), Saturated Fat: 15.19g (94.93%), Carbohydrates: 38.87g (12.95%), Net Carbohydrates: 31.23g (11.36%), Sugar: 26.54g (29.49%), Cholesterol: 144.92mg (48.31%), Sodium: 886.83mg (38.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.48g (94.97%), Vitamin C: 158.03mg (191.56%), Selenium: 85.07µg (121.52%), Potassium: 1694.37mg (48.41%), Vitamin B6: 0.9mg (44.79%), Phosphorus: 431.23mg (43.12%), Vitamin A: 1680.18IU (33.6%), Fiber: 7.63g (30.54%), Vitamin B1: 0.42mg (28.32%), Folate: 109.31µg (27.33%), Magnesium: 106.11mg (26.53%), Vitamin B5: 2.52mg (25.2%), Vitamin B12: 1.41µg (23.48%), Calcium: 195.63mg (19.56%), Manganese: 0.32mg (16.22%), Iron: 2.73mg (15.17%), Copper: 0.22mg (11.11%), Zinc: 1.45mg (9.63%), Vitamin B2: 0.14mg (8.38%), Vitamin E: 1.24mg (8.29%), Vitamin B3: 1.62mg (8.09%), Vitamin K: 4.72µg (4.5%)