



HEALTH SCORE

69%

Lemon-Stuffed Grilled Branzino



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 bay leaves



4 pound branzino whole



2 lemons thinly sliced cut into wedges



1 tablespoon olive oil extra-virgin



4 servings parsley finely chopped for serving



4 servings salt and pepper freshly ground



4 thyme sprigs

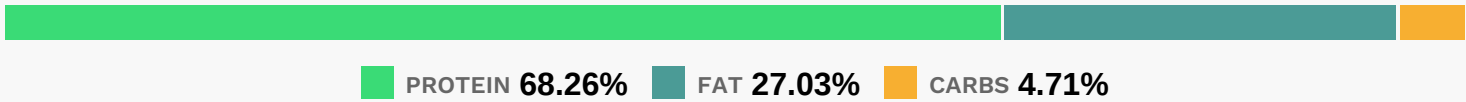
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Light a grill or preheat a grill pan. Season the fish cavities with salt and pepper. Stuff each cavity with a thyme sprig, a bay leaf and 2 lemon slices. Rub the outside of the branzino with the olive oil and season with salt and pepper.
- ☐ Grill the branzino over high heat, turning once, until browned and crisp and just cooked through, about 7 minutes per side.
- ☐ Serve right away, passing salt, lemon wedges and parsley at the table.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:33.933043355527%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 489.35kcal (24.47%), Fat: 14.29g (21.98%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 3.8g (1.38%), Sugar: 1.38g (1.54%), Cholesterol: 362.87mg (120.96%), Sodium: 510.27mg (22.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.2g (162.4%), Vitamin B12: 17.33µg (288.79%), Selenium: 165.78µg (236.84%), Phosphorus: 910.25mg (91.02%), Vitamin B6: 1.41mg (70.64%), Vitamin K: 67.71µg (64.48%), Vitamin B3: 9.65mg (48.26%), Magnesium: 189.48mg (47.37%), Vitamin C: 35.59mg (43.14%), Potassium: 1264.57mg (36.13%), Vitamin B5: 3.52mg (35.25%), Vitamin B1: 0.48mg (31.94%), Iron: 4.62mg (25.67%), Vitamin A: 810.77IU (16.22%), Folate: 53.47µg (13.37%), Zinc: 1.91mg (12.75%), Calcium: 92.64mg (9.26%), Vitamin B2: 0.16mg (9.17%), Copper: 0.17mg (8.63%), Fiber: 1.81g (7.24%), Manganese: 0.12mg (5.82%), Vitamin E: 0.62mg (4.1%)