



Montego Bay Grilled Fish with Caribbean Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon garlic fresh minced
- ☐ 1.5 pounds grouper fillets
- ☐ 1 roasted jalapeño pepper chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 servings caribbean salsa

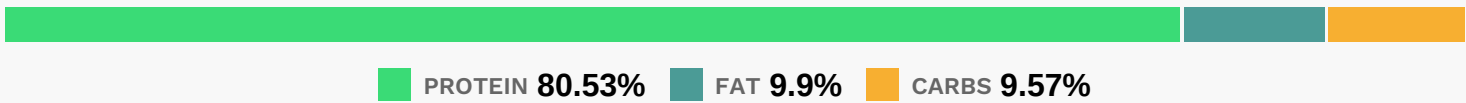
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients; set cilantro mixture aside.
- ☐ Coat a grill tray with cooking spray, and place on food rack.
- ☐ Heat, covered with grill lid, over hot coals (400 to 50
- ☐ minutes.
- ☐ Place fish on hot grill tray.
- ☐ Cook, covered with grill lid, 10 minutes. Turn fish, and spread with cilantro mixture. Cook, covered, 10 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with Caribbean Salsa.
- ☐ Note: To roast jalapeos, place on a foil-lined baking sheet. Broil 5 inches from heat 5 minutes on each side or until blistered.
- ☐ Place in a heavy-duty plastic bag; let stand 10 minutes. Peel and seed peppers.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:13.079999934072%

Flavonoids

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: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 173.11kcal (8.66%), Fat: 1.84g (2.83%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.21g (1.17%), Sugar: 1.54g (1.71%), Cholesterol: 62.94mg (20.98%), Sodium: 301.03mg (13.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.65g (67.31%), Selenium: 62.69µg (89.56%), Vitamin B6: 0.61mg (30.61%), Phosphorus: 291.56mg (29.16%), Potassium: 938.43mg (26.81%), Vitamin B12: 1.02µg (17.01%), Magnesium: 59.99mg (15%), Vitamin B5: 1.38mg (13.78%), Iron: 1.71mg (9.52%), Vitamin C: 7.8mg (9.46%), Vitamin B1: 0.14mg (9.21%), Vitamin A: 458.74IU (9.17%), Zinc: 0.92mg (6.15%), Calcium: 60.46mg (6.05%), Manganese: 0.1mg (5.17%), Vitamin B3: 0.98mg (4.88%), Folate: 18.72µg (4.68%), Vitamin E: 0.55mg (3.64%), Copper: 0.07mg (3.45%), Fiber: 0.79g (3.16%), Vitamin K: 3µg (2.86%), Vitamin B2: 0.03mg (1.51%)