



WHATSheATe



HEALTH SCORE

54%

Orange-Scented Bluefish



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.3 pound bluefish fillets



1 tablespoon olive oil extra virgin extra-virgin



1 orange zest shredded finely

Equipment

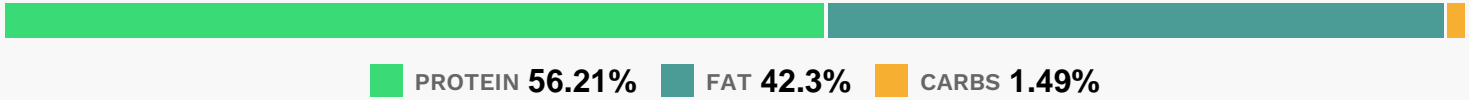


grill

Directions

- ☐ Remove the fish from the brine and pat it dry.
- ☐ Brush it with a mixture of the olive oil and orange zest.
- ☐ Place the fish, skin side down, on the grill away from the coals of a small fire.
- ☐ Add a few chunks of wood to the coals and cover the grill. For bluefish, I prefer a fruit or nut wood such as peach, pecan, apple, or cherry. Orange wood is also a fun choice. Close the air intake to just a sliver and cook for 12 to 15 minutes, depending on the thickness of the fillet and intensity of the fire. When the fish is cooked, it will have a beautiful rusty hue and the meat will flake under gentle pressure. Gently remove the filets to a platter and serve immediately. I like to remove the skin of bluefish and the underlying darkly colored bloodline just beneath it, as these can have strong flavors that some guests do not appreciate. It also helps to remove some of the toxins that are a concern with bluefish, as they tend to aggregate just under the skin.
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Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:16.151304232038%

Nutrients (% of daily need)

Calories: 209.62kcal (10.48%), Fat: 9.52g (14.64%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0g (0%), Cholesterol: 83.63mg (27.88%), Sodium: 85.21mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.45g (56.9%), Vitamin B12: 7.64µg (127.34%), Selenium: 51.77µg (73.95%), Vitamin B3: 8.46mg (42.3%), Phosphorus: 322.4mg (32.24%), Vitamin B6: 0.58mg (28.76%), Potassium: 533.7mg (15.25%), Vitamin B5: 1.19mg (11.88%), Magnesium: 47.44mg (11.86%), Vitamin A: 576.76IU (11.54%), Zinc: 1.16mg (7.7%), Vitamin B2: 0.12mg (6.83%), Vitamin B1: 0.09mg (5.72%), Vitamin C: 4.08mg (4.95%), Iron: 0.72mg (4.02%), Copper: 0.08mg (3.89%), Vitamin E: 0.51mg (3.41%), Vitamin K: 2.11µg (2.01%), Manganese: 0.03mg (1.49%), Calcium: 14.79mg (1.48%), Fiber: 0.32g (1.27%)