



Pan-Roasted Grouper with Provençal Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 28 ounce canned tomatoes whole drained coarsely chopped canned
- ☐ 2 cups fennel bulb thinly sliced (1 medium bulb)
- ☐ 1 garlic clove minced
- ☐ 24 ounce grouper fillets ()
- ☐ 2 teaspoons olive oil
- ☐ 16 olives pitted chopped

- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 teaspoon salt divided
- ☐ 4 servings pkt spinach

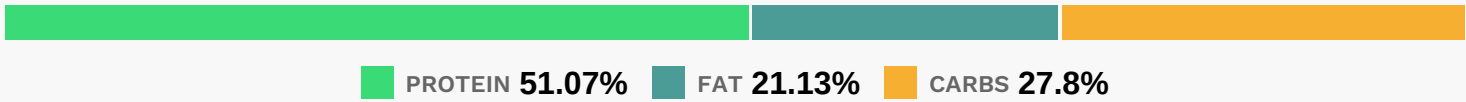
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 4 ingredients.
- ☐ Add 1/4 teaspoon salt and 1/4 teaspoon pepper; toss well. Spoon mixture into bottom of a broiler pan coated with cooking spray.
- ☐ Bake at 450 for 10 minutes; stir once.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, oil, and garlic; brush evenly over fish.
- ☐ Remove pan from oven.
- ☐ Place fish on broiler pan rack coated with cooking spray; place rack over fennel mixture.
- ☐ Bake at 450 for 10 minutes or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:5.58, Inflammation Score:-10, Nutrition Score:33.247391203175%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.92mg,

Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 286.83kcal (14.34%), Fat: 6.97g (10.73%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 14.23g (5.18%), Sugar: 11.38g (12.64%), Cholesterol: 62.94mg (20.98%), Sodium: 939.01mg (40.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.91g (75.83%), Vitamin K: 184.59µg (175.8%), Selenium: 64.15µg (91.65%), Vitamin A: 3622.6IU (72.45%), Potassium: 1780.64mg (50.88%), Vitamin B6: 0.91mg (45.26%), Vitamin C: 36.39mg (44.11%), Manganese: 0.79mg (39.28%), Phosphorus: 379.14mg (37.91%), Magnesium: 126.83mg (31.71%), Iron: 5.37mg (29.84%), Folate: 114.15µg (28.54%), Vitamin E: 4.25mg (28.31%), Fiber: 6.4g (25.61%), Copper: 0.49mg (24.68%), Vitamin B1: 0.31mg (20.56%), Vitamin B5: 1.98mg (19.76%), Vitamin B3: 3.53mg (17.67%), Calcium: 176.33mg (17.63%), Vitamin B12: 1.02µg (17.01%), Vitamin B2: 0.19mg (11.02%), Zinc: 1.62mg (10.81%)