



HEALTH SCORE

61%

Pan-Roasted Grouper with Provençale Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



280 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

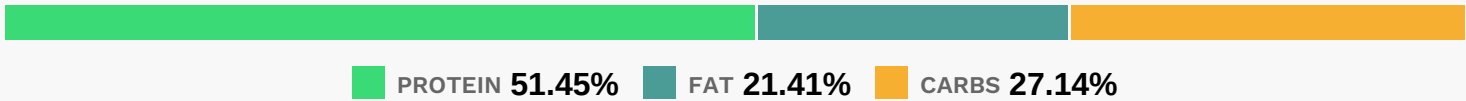
Equipment

- ☐ 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 1/4 teaspoon salt, 1/4 teaspoon pepper, oil, and garlic; brush evenly over fish.
- ☐ Remove pan from oven.
- ☐ Place fish on rack of pan coated with cooking spray; place rack over fennel mixture.
- ☐ Bake at 450 for 10 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:5.44, Inflammation Score:-8, Nutrition Score:24.742173796115%

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: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 279.93kcal (14%), Fat: 6.85g (10.55%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 13.81g (5.02%), Sugar: 11.25g (12.5%), Cholesterol: 62.94mg (20.98%), Sodium: 915.31mg (39.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.06g (74.11%), Selenium: 63.85µg (91.22%), Potassium: 1613.24mg (46.09%), Vitamin B6: 0.85mg (42.34%), Vitamin K: 39.69µg (37.8%), Phosphorus: 364.44mg (36.44%), Vitamin C: 27.96mg (33.89%), Manganese: 0.52mg (25.82%), Magnesium: 103.13mg (25.78%), Iron: 4.56mg (25.32%), Vitamin E: 3.64mg (24.25%), Fiber: 5.74g (22.97%), Copper: 0.45mg (22.73%), Vitamin B5: 1.96mg (19.56%), Vitamin B1: 0.28mg (19%), Vitamin B12: 1.02µg (17.01%), Vitamin B3: 3.32mg (16.58%), Vitamin A: 809.5IU (16.19%), Calcium: 146.63mg (14.66%), Folate: 55.95µg (13.99%), Zinc: 1.46mg (9.75%), Vitamin B2: 0.13mg (7.68%)