



Pecan-Crusted Grouper

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.8 teaspoon curry powder
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 24 ounce perch fillets (1/)
- ☐ 0.3 teaspoon salt

- ☐ 5 saltines fat-free crushed
- ☐ 0.5 teaspoon worcestershire sauce

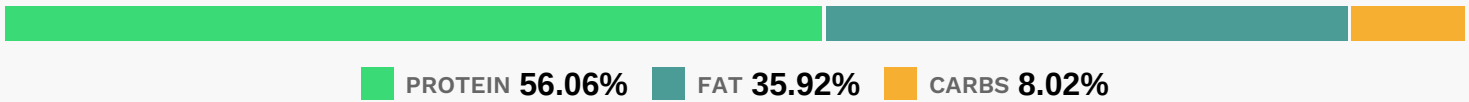
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 8 ingredients in a bowl; stir well. Set aside.
- ☐ Combine melted butter and Worcestershire sauce.
- ☐ Arrange fish on a jelly-roll pan coated with cooking spray.
- ☐ Spread 3/4 teaspoon butter mixture on each fillet. Top with equal amounts of crust mixture, covering each piece entirely with crumbs.
- ☐ Lightly coat tops of each fillet with cooking spray.
- ☐ Bake at 400 for 12 to 14 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:17.993478391481%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 248.21kcal (12.41%), Fat: 9.73g (14.97%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.64g (0.71%), Cholesterol: 160.61mg (53.54%), Sodium: 319.1mg (13.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.17g (68.34%), Manganese: 1.57mg (78.48%), Vitamin B12: 3.24µg (54.02%), Phosphorus: 368.89mg (36.89%), Vitamin D: 5.1µg (34.02%), Selenium: 22.32µg (31.89%), Copper: 0.35mg (17.61%), Magnesium: 62.5mg (15.62%), Zinc: 2.27mg (15.12%), Calcium: 148.85mg (14.88%), Potassium: 517.65mg (14.79%), Vitamin B3: 2.95mg (14.74%), Vitamin B5: 1.37mg (13.67%), Vitamin B1: 0.2mg (13.12%), Vitamin B6: 0.24mg (12.17%), Iron: 2.18mg (12.09%), Vitamin B2: 0.2mg (11.98%), Vitamin C: 3.77mg (4.57%), Vitamin E: 0.67mg (4.45%), Folate: 16.82µg (4.21%), Fiber: 1.01g (4.06%), Vitamin A: 174.4IU (3.49%), Vitamin K: 2.08µg (1.98%)