



Roasted Whole Grouper with Garlic, Potatoes, and Bacon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



940 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 bacon strips
- 6 garlic cloves sliced
- 6 pound groupers whole cleaned
- 8 small new potatoes washed unpeeled
- 12 pearl onions peeled
- 8 thyme sprigs fresh
- 0.5 cup water

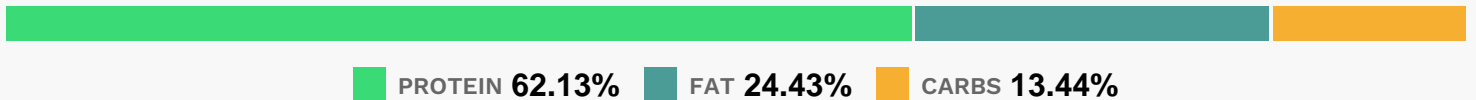
Equipment

- frying pan
- oven
- baking pan
- toothpicks
- spatula
- metal skewers

Directions

- Preheat oven to 42
- Wrap 4 strips of bacon around the fleshiest part of each fish, 1/2 inch apart.
- Tuck the garlic and thyme evenly under the bacon slices. If necessary, secure the bacon with wooden toothpicks previously soaked in water (about 30 minutes) to prevent their burning.
- Place fish in a baking pan. Surround with the potatoes and onions and add the water.
- Roast the fish about 28 minutes. Turn, using 2 spatulas, being careful not to tear the skin, and roast for 2 minutes more. The fish is done when a metal skewer inserted into the thickest part of the flesh comes out warm to the touch. If necessary, add more water to the baking pan if it becomes dry before the fish is cooked.
- Transfer the fish to a serving platter and surround with the vegetables. Spoon the pan juices over all and serve.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:16.69, Inflammation Score:-10, Nutrition Score:40.191304574842%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin:

0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 19.13mg, Quercetin: 19.13mg, Quercetin: 19.13mg, Quercetin: 19.13mg

Nutrients (% of daily need)

Calories: 940.4kcal (47.02%), Fat: 24.65g (37.92%), Saturated Fat: 7.52g (46.97%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 26.15g (9.51%), Sugar: 4.73g (5.26%), Cholesterol: 280.78mg (93.59%), Sodium: 664.63mg (28.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 141.06g (282.12%), Selenium: 258.61µg (369.44%), Vitamin B6: 2.66mg (132.97%), Phosphorus: 1264.53mg (126.45%), Potassium: 4006.54mg (114.47%), Vitamin B12: 4.3µg (71.71%), Magnesium: 255.58mg (63.9%), Vitamin B5: 5.82mg (58.24%), Vitamin B1: 0.74mg (49.24%), Iron: 7.72mg (42.91%), Vitamin C: 33.33mg (40.4%), Zinc: 4.35mg (29.03%), Vitamin B3: 5.25mg (26.26%), Manganese: 0.5mg (24.86%), Folate: 97.29µg (24.32%), Calcium: 237.18mg (23.72%), Vitamin A: 1088.7IU (21.77%), Fiber: 4.37g (17.47%), Copper: 0.34mg (17%), Vitamin B2: 0.14mg (8.48%), Vitamin K: 2.56µg (2.44%), Vitamin E: 0.22mg (1.48%), Vitamin D: 0.18µg (1.17%)