



HEALTH SCORE

81%

Snapper with Grilled Mango Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup avocado diced peeled
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 inch mangos (1 mango)
- ☐ 2 teaspoons olive oil divided
- ☐ 0.8 inch onion red
- ☐ 0.5 teaspoon salt divided

☐ 24 ounce yellowtail snapper fillets white firm

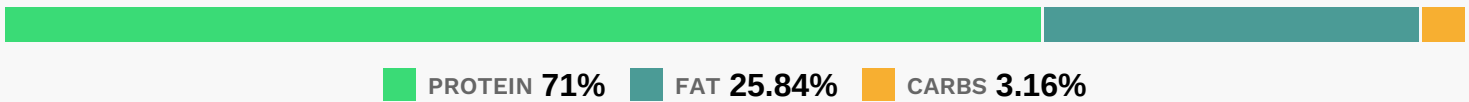
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Brush mango and onion with 1 teaspoon oil.
- ☐ Place mango and onion on grill rack coated with cooking spray; cover and grill 3 minutes on each side or until tender. Chop onion and mango.
- ☐ Combine onion, mango, avocado, mint, juice, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a medium bowl.
- ☐ Brush fish with remaining 1 teaspoon oil; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place fish on grill rack; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with mango mixture.
- ☐ Garnish with mint sprigs, if desired.
- ☐ Orange-scented couscous: Bring 3/4 cup fresh orange juice, 1/2 cup water, and 1 tablespoon olive oil to a boil in a saucepan. Stir in 1 cup uncooked couscous, 1/4 teaspoon salt, and 1/8 teaspoon black pepper.
- ☐ Remove from heat, cover, and let stand 5 minutes. Fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:37.69, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:20.326522028964%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 205.85kcal (10.29%), Fat: 5.69g (8.75%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.41g (0.45%), Cholesterol: 62.94mg (20.98%), Sodium: 400.72mg (17.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.16g (70.33%), Vitamin D: 17.35µg (115.67%), Selenium: 65.04µg (92.91%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.71mg (35.52%), Phosphorus: 343.38mg (34.34%), Potassium: 770.1mg (22%), Magnesium: 58.76mg (14.69%), Vitamin E: 2.14mg (14.25%), Vitamin B5: 1.42mg (14.2%), Vitamin C: 5.75mg (6.97%), Calcium: 59.82mg (5.98%), Vitamin B1: 0.09mg (5.8%), Vitamin A: 268.55IU (5.37%), Folate: 18.95µg (4.74%), Zinc: 0.69mg (4.61%), Copper: 0.07mg (3.71%), Vitamin K: 3.63µg (3.46%), Manganese: 0.07mg (3.45%), Vitamin B3: 0.68mg (3.42%), Fiber: 0.81g (3.22%), Iron: 0.45mg (2.52%), Vitamin B2: 0.02mg (1.3%)