

Super Grouper

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 teaspoon parsley dried
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 pounds grouper fillets
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons mayonnaise
- ☐ 0.1 teaspoon paprika

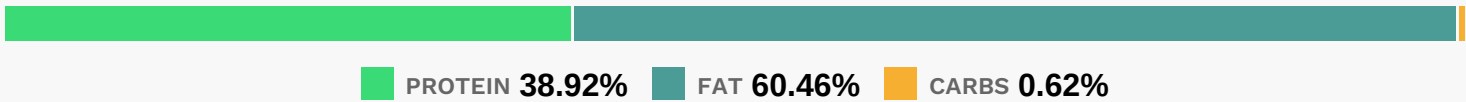
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine melted butter and lemon juice in a small bowl.
- ☐ Brush 2 tablespoons of this mixture on a piece of foil placed on the broiler pan.
- ☐ Mix together garlic salt, parsley, paprika and white pepper.
- ☐ Sprinkle spice mixture on both sides of fillets.
- ☐ Bake fillets until meat flakes, about 10 minutes.
- ☐ Brush fillets again with lemon butter and spread with mayonnaise.
- ☐ Sprinkle with paprika before serving.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:15.643913037103%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 461.93kcal (23.1%), Fat: 30.59g (47.06%), Saturated Fat: 15.94g (99.61%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.25g (0.28%), Cholesterol: 147.86mg (49.29%), Sodium: 492.63mg (21.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.31g (88.63%), Selenium: 83.24µg (118.92%), Phosphorus: 376.76mg (37.68%), Vitamin B6: 0.69mg (34.34%), Potassium: 1113.24mg (31.81%), Vitamin B12: 1.42µg (23.62%), Vitamin A: 1069.44IU (21.39%), Magnesium: 71.67mg (17.92%), Vitamin B5: 1.76mg (17.56%), Vitamin K: 13.62µg (12.97%), Iron: 2.08mg (11.56%), Vitamin B1: 0.16mg (10.86%), Zinc: 1.13mg (7.56%), Calcium: 69.76mg (6.98%), Vitamin E: 0.92mg (6.12%), Folate: 23.18µg (5.79%), Vitamin B3: 0.74mg (3.68%), Vitamin C: 2.94mg (3.57%), Copper: 0.05mg (2.48%), Manganese: 0.04mg (2.06%), Vitamin B2: 0.02mg (1.45%)