



Sweet-and-Sour Fish Kebabs



Gluten Free



Dairy Free



Very Healthy

READY IN



36 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1.5 tablespoons brown sugar dark
- ☐ 1.5 pounds grouper fillets cut into 1-inch pieces
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup juice of lime fresh
- ☐ 1.5 cups pineapple cored cubed
- ☐ 1 large bell pepper red cut into 1-inch pieces

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1 small onion red cut into 1-inch pieces

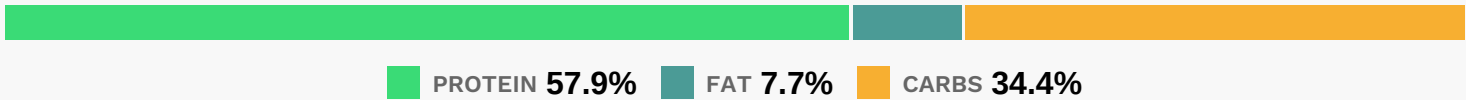
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Combine first 3 ingredients in a small bowl, stirring well with a whisk.
- ☐ Sprinkle fish with salt and black pepper.Thread fish, bell pepper, pineapple, and onion alternately onto 8 (8-inch) metal skewers.
- ☐ Place kebabs in a shallow dish; add marinade. Cover and chill 30 minutes.
- ☐ Prepare grill.
- ☐ Remove kebabs from dish, reserving marinade.
- ☐ Place marinade in a small saucepan, and bring to a boil; remove from heat.
- ☐ Place kebabs on grill rack coated with cooking spray. Grill 10 minutes or until fish flakes easily when tested with a fork, turning kebabs occasionally and basting with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:5.35, Inflammation Score:-9, Nutrition Score:21.599130412807%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 234.77kcal (11.74%), Fat: 2.02g (3.11%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 17.88g (6.5%), Sugar: 13.88g (15.42%), Cholesterol: 62.94mg (20.98%), Sodium: 390.19mg (16.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.37%), Vitamin C: 93.17mg (112.93%), Selenium: 62.47µg (89.24%), Vitamin B6: 0.75mg (37.54%), Manganese: 0.71mg (35.4%), Vitamin A: 1653.32IU (33.07%), Phosphorus: 304.5mg (30.45%), Potassium: 1063.65mg (30.39%), Magnesium: 71.24mg (17.81%), Vitamin B12: 1.02µg (17.01%), Vitamin B5: 1.62mg (16.18%), Vitamin B1: 0.21mg (14.07%), Folate: 53.69µg (13.42%), Iron: 2.04mg (11.36%), Fiber: 2.43g (9.74%), Calcium: 72.69mg (7.27%), Zinc: 1.08mg (7.19%), Vitamin B3: 1.35mg (6.77%), Copper: 0.13mg (6.72%), Vitamin E: 0.83mg (5.53%), Vitamin B2: 0.08mg (4.57%), Vitamin K: 3.2µg (3.05%)