



Whole Grilled Bluefish



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bluefish whole cleaned
- ☐ 2 juice of lemon juiced
- ☐ 3 juice of lime juiced
- ☐ 1 to 2 lemons cut in wedges
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons pepper freshly ground
- ☐ 2 tablespoons sea salt

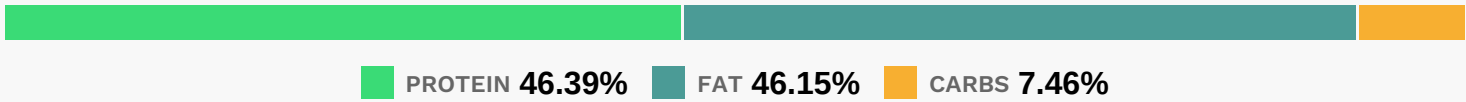
Equipment

☐ grill

Directions

- ☐ Preheat grill to medium.
- ☐ Dress fish with oil, and lemon and lime juices. Season with pepper and salt. Be sure to rub all ingredients throughout fish and inside cavity. Stuff inside of fish with lemon wedges.
- ☐ Place in fish basket. Cook 10 to 15 minutes per side or until skin is slightly charred.
- ☐ Remove carefully.
- ☐ Serve with lemon.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:26.018260831418%

Flavonoids

Eriodictyol: 6.99mg, Eriodictyol: 6.99mg, Eriodictyol: 6.99mg, Eriodictyol: 6.99mg Hesperetin: 11.72mg, Hesperetin: 11.72mg, Hesperetin: 11.72mg, Hesperetin: 11.72mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 396.11kcal (19.81%), Fat: 20.27g (31.19%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 5.71g (2.08%), Sugar: 1.45g (1.61%), Cholesterol: 132.75mg (44.25%), Sodium: 3625.17mg (157.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.85g (91.69%), Vitamin B12: 12.13µg (202.13%), Selenium: 82.43µg (117.75%), Vitamin B3: 13.49mg (67.47%), Phosphorus: 524.16mg (52.42%), Vitamin B6: 0.95mg (47.51%), Vitamin C: 26.86mg (32.56%), Potassium: 956.73mg (27.34%), Manganese: 0.45mg (22.64%), Magnesium: 84.33mg (21.08%), Vitamin B5: 2mg (20.04%), Vitamin A: 930IU (18.6%), Zinc: 1.91mg (12.73%), Vitamin B2: 0.2mg (11.55%), Vitamin E: 1.66mg (11.04%), Vitamin K: 11.37µg (10.83%), Vitamin B1: 0.15mg (10.25%), Iron: 1.65mg (9.19%), Copper: 0.18mg (9.02%), Fiber: 1.65g (6.6%), Calcium: 42.38mg (4.24%), Folate: 13.23µg (3.31%)