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Green Charbroiled Fish ^{••}

This recipe features a delicious charbroiled fish with a vibrant green sauce. The fish is cooked to perfection, resulting in a juicy and flavorful dish. The green sauce adds a fresh and tangy element to the dish. It is perfect for a healthy and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Fish Fillets
2 tbsp	olive oil
2 tbsp	lemon juice
2 cloves	garlic
20 g	fresh parsley

20 g	fresh cilantro
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the olive oil, lemon juice, garlic, parsley, cilantro, salt, and black pepper. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Brush the fish fillets with the green sauce on both sides.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Grilling

Place the fish fillets on the preheated grill and cook for 4-5 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serve the charbroiled fish with the remaining green sauce on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer

Fall

Events

Picnic

Cuisines

American

Middle Eastern

Kitchen Tools

Slow Cooker

Course

Appetizers

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

TLC Diet (Therapeutic Lifestyle Changes)

Nordic Diet

Okinawa Diet

Alkaline Diet

Macrobiotic Diet

Intermittent Fasting

5:2 Diet

16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet

Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet

Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet

Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet

The Acid Reflux Diet Gluten-Free Diet Low Glycemic Index Diet

Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet

The 80/10/10 Diet The Gerson Therapy The Swiss Secret Diet

The Scarsdale Diet The Cabbage Soup Diet The Hallelujah Diet

The Mayo Clinic Diet The Beverly Hills Diet The Hollywood Diet

The Lemonade Diet The Grapefruit Diet The Rice Diet

The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet

The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet

The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet

The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet

The Master Cleanse Diet The Subway Diet The SlimFast Diet

The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet

The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet

The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet

The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet

The Starch Solution Diet The Vertical Diet The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet

The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet
The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet
The Hypothyroidism Diet The Hyperthyroidism Diet
The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet
The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet
The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet
The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet
The Low Purine Diet The High-Fiber Diet The Low-Fat Diet
The High-Protein Diet The Low-Protein Diet The High-Calcium Diet
The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet
The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet
The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet
The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet
The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet
The Acne Diet The Migraine Diet The Celiac Disease Diet
The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet
The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet
The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet
The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet
The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet
The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet
The Chronic Urticaria Diet The Dysphagia Diet
The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet
The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet

The Leaky Gut Syndrome Diet

The Behçet's Disease Diet

The Graves' Disease Diet

The Addison's Disease Diet

The Cushing's Syndrome Diet

The Ankylosing Spondylitis Diet

The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet

The Asthma Diet

The Sinusitis Diet

The Bronchiectasis Diet

The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Grilling

Boiling

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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