

Seared Grouper with Arugula

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Servings: 4

1 1/2 pounds grouper, cut into four six-ounce fillets
canola or olive oil (for cooking)
12 ounces arugula, washed and dried
1 lemon, juiced
sea salt (to taste)
fresh ground pepper (to taste)

Preheat a medium-sized saute' pan over medium-high heat. When the pan is hot, add one tablespoon of oil to the pan. Lightly season each grouper fillet with salt and pepper. Carefully add the seasoned grouper fillets to the hot pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove the cooked grouper fillets from the pan and let cool slightly.

In a medium-sized mixing bowl, add the arugula, one teaspoon of oil and the lemon juice. Season the arugula lightly with the salt and pepper. Mix the arugula to evenly coat and adjust the seasoning with salt and pepper.

To serve, place an even amount of arugula on each plate and top with a grouper fillet. Serve the dish with grilled or roasted vegetables.

Per Serving (excluding unknown items): 172 Calories; 2g Fat (10.7% calories from fat); 34g Protein; 3g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 104mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	172	Vitamin B6 (mg):	.5mg
% Calories from Fat:	10.7%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	7.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	81.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	66mcg
		Niacin (mg):	1mg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 63mg
Carbohydrate (g): 3g
Dietary Fiber (g): 1g
Protein (g): 34g
Sodium (mg): 104mg
Potassium (mg): 1032mg
Calcium (mg): 131mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 1459IU
Vitamin A (r.e.): 196RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 4 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 172 Calories from Fat: 19

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	63mg	21%
Sodium	104mg	4%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	4%
Protein	34g	
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Vitamin A		29%
Vitamin C		26%
Calcium		13%
Iron		12%

** Percent Daily Values are based on a 2000 calorie diet.*