

Foods on the grid “with an eye” to nutrients

NUTRI-lipidomics *Molecular nutrition and healthy diet*



Advises for grilling

Although it is not advisable to grill regularly, with a few small tricks you can occasionally enjoy the taste that this type of cooking is able to give the food. Amongst other things, eating raw vegetables or a fruit at the end of a meal gives it the vitamin and mineral content it needs to cook on the grill, due to the high temperatures that deprive the vegetables of, above all. It is also important that food does not burn to prevent proteins from releasing substances harmful to health.

Recipe

Grilled sea bass and vegetables

Ingredients (2 persons)

- 1 x 300 g gross sea bass (280 g net)
- 2 red beet roots (g 200)
- 2 zucchini (200 g)
- 4 tablespoons of extra virgin olive oil (40 g)
- 1 sprig of mint
- 1 sprig of marjoram
- 4 tablespoons of apple vinegar (60 g)
- chopped hazelnuts (20 g hazelnuts)
- chopped walnuts (20 g of walnuts)
- chopped linseed (20 g of linseed)

Preparation:

In two tablespoons of extra virgin olive oil, add two tablespoons of vinegar

and the sprigs of aromatic herbs; marinate the filleted sea bass, without remove the scales. Separately, mix the dried fruit and seeds and chop them in a blender or crush them with a pestle until they become grains; set aside.

Cut the red beet roots and zucchini into slices of about half a centimetre.

As soon as the grill is hot, place the vegetables on top and cook them. When cooked, place them in a tray and season with the remaining 2 tablespoons of olive oil and 2 tablespoons of vinegar. Season with salt and set aside. Then braise the fish by placing it on the grill on the side of the skin. Once cooked, place the fillets in the centre of a tray, surround with the seasoned vegetables and sprinkle with the chopped seeds and dried fruit.



Nutritional Values for the recipe:

	Kcal	Protein g	Carbs g	Sugar g	Fats g	Saturated g	Mono- unsaturated g	Poly- unsaturated g	Fibers g
Sea bass	347	66	-	-	7	1,8	1,53	2,6	-
Red beet	86	3,2	19	13,5	0,3	0,05	0,06	0,1	5,6
Zucchini	42	5,4	6,22	-	0,8	0,1	-	0,3	2,2
Extra virgin olive oil	360	-	-	-	40	-	29	4,2	-
Apple vinegar	13	-	0,5	0,6	-	-	-	-	-
Nuts	129	3	3,5	1	12,5	0,9	9,32	1,7	1,9
Walnuts	124	4,8	2	0,2	11,8	0,7	3	7	1,4
Linseed	106	3,6	5,8	0,3	8,4	0,7	1,5	5,7	5,5
Total per recipe	1207	86	37	15,6	80,8	4,3	44,4	21,6	16,6
Total per person	603	43	18,5	7,8	40,4	2,15	22,2	10,8	8,3

Article by:

Dr.ssa Nicoletta Bocchino – Nutrizionist

The diet advises, written in the article, are not intended to be a substitute for a personal nutrition plan and should be adapted to specific cases.