

# Grilled Grouper with Lemon & Herbs

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/grouper-fillet-recipe-chinese>

## Ingredients:

- 12 ounces grouper fillets
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 2 teaspoons Italian herb seasoning blend
- lemon wedges Fresh

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 30 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. Sodium: 45 milligrams

---

Thank you for visiting our website. Hope you enjoy Grilled Grouper with Lemon & Herbs above. You can see more 17 grouper fillet recipe chinese Discover culinary perfection! to get more great cooking ideas.