



HEALTH SCORE

75%

Alfred Portale's Red Snapper With Potatoes and Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup veggie broth
- ☐ 1 cup wine dry white
- ☐ 6 garlic clove sliced
- ☐ 1 juice of lemon
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 12 slices optional: lemon thin
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 3 tablespoons parsley chopped
- ☐ 0.5 pound potatoes red thinly sliced
- ☐ 24 ounces snapper red
- ☐ 3 roma tomatoes diced canned
- ☐ 4 small sprigs rosemary
- ☐ 4 sprigs thyme leaves
- ☐ 0.3 medium onion yellow thinly sliced

Equipment

- ☐ frying pan
- ☐ oven
- ☐ stove

Directions

- ☐ Heat oven to 400°. In a 10" ovensafe skillet over medium heat, heat oil.
- ☐ Add potatoes; cover and cook until tender, 10 minutes.
- ☐ Add onion, garlic, thyme and rosemary; season with salt and freshly ground black pepper. Cover and cook until vegetables soften, 5 minutes. In skillet, form potato mixture into four mounds. Season fish with salt and black pepper; place a fillet on each mound and top with lemon slices. Increase heat to high; when pan sizzles, add wine and cook until liquid reduces by half, 2 minutes.
- ☐ Add broth; bring sauce to a boil. Cover and bake, 8 minutes.
- ☐ Remove fish and vegetables and transfer to 4 plates; reserve broth in pan. Return pan to stove top over high heat and reduce broth, 1 to 2 minutes.
- ☐ Add tomatoes, olives, parsley and juice to taste; cook until sauce is thick, 10 minutes.
- ☐ Drizzle over fillets.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:102.81, Glycemic Load:9.21, Inflammation Score:-9, Nutrition Score:30.297826393791%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 4.85mg, Eriodictyol: 4.85mg, Eriodictyol: 4.85mg, Eriodictyol: 4.85mg Hesperetin: 7.18mg, Hesperetin: 7.18mg, Hesperetin: 7.18mg, Hesperetin: 7.18mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 402.28kcal (20.11%), Fat: 14.81g (22.79%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 16.09g (5.85%), Sugar: 3.75g (4.17%), Cholesterol: 62.94mg (20.98%), Sodium: 472.9mg (20.56%), Alcohol: 6.18g (100%), Alcohol %: 1.77% (100%), Protein: 37.37g (74.74%), Vitamin D: 17.35µg (115.67%), Selenium: 66.08µg (94.4%), Vitamin B12: 5.1µg (85.05%), Vitamin K: 60.94µg (58.04%), Vitamin C: 41.86mg (50.74%), Vitamin B6: 1.01mg (50.53%), Phosphorus: 407.23mg (40.72%), Potassium: 1194.1mg (34.12%), Vitamin E: 3.9mg (26%), Magnesium: 87.09mg (21.77%), Vitamin A: 1015.82IU (20.32%), Manganese: 0.35mg (17.36%), Vitamin B5: 1.62mg (16.16%), Fiber: 3.28g (13.12%), Vitamin B1: 0.17mg (11.47%), Calcium: 102.35mg (10.23%), Iron: 1.76mg (9.79%), Copper: 0.19mg (9.39%), Folate: 36.06µg (9.01%), Vitamin B3: 1.57mg (7.87%), Zinc: 1.07mg (7.11%), Vitamin B2: 0.06mg (3.65%)