



Alligator in Garlic-Wine Sauce

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



309 kcal

SAUCE

Ingredients

- ☐ 2 pounds alligator meat cut into cubes
- ☐ 1 tablespoon garlic minced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup white wine

Equipment

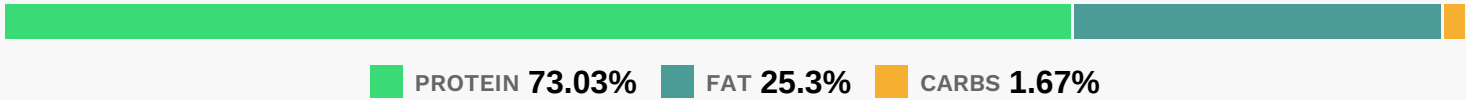
- ☐ bowl

☐ frying pan

Directions

- ☐ Toss alligator cubes with lime juice, cover, and refrigerate for 1 hour to marinate.
- ☐ Squeeze any excess liquid from alligator and place into a large bowl. Season with salt and pepper, then toss with enough flour to coat.
- ☐ Remove alligator, shake off excess flour, and set aside.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add garlic; cook and stir until fragrant, about 30 seconds.
- ☐ Add alligator, and cook until firm and opaque, 5 to 6 minutes.
- ☐ Place alligator into serving dish, then pour wine into skillet and simmer until thickened, about 2 minutes.
- ☐ Pour sauce over alligator to serve.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:0.67130434885621%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 309.22kcal (15.46%), Fat: 8.04g (12.38%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 194.89mg (8.47%), Alcohol: 1.54g (100%), Alcohol %: 1.41% (100%), Protein: 52.26g (104.52%), Vitamin E: 0.52mg (3.45%), Vitamin C: 2mg (2.42%), Vitamin K: 2.22µg (2.11%), Manganese: 0.04mg (1.79%), Vitamin B6: 0.02mg (1.1%)