



Arugula and Blueberry Salad With Seared Red Snapper

 Gluten Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 cups local arugula fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup blueberries fresh
- ☐ 2 tablespoons champagne vinegar
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 2 teaspoons olive oil
- ☐ 1.5 ounces pecorino romano cheese thin
- ☐ 24 ounce snapper fillets red
- ☐ 1 tablespoon water
- ☐ 0.5 teaspoon whole-grain dijon mustard
- ☐ 0.5 plus divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ spatula

Directions

- ☐ With a very sharp knife, make shallow slashes about 1 inch apart in skin of the snapper fillets. Season the fillets on both sides with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat the olive oil in a large, nonstick frying pan over medium-high heat.
- ☐ Add the fish, skin side down, and cook for 2 1/3 minutes. Gently press the fillets down with a spatula to flatten while cooking. Turn fillets, and cook an additional 12 minutes or until cooked through.
- ☐ Remove from heat, and keep warm.
- ☐ Whisk together the vinegar, honey, Dijon, and chives in a small bowl. Slowly drizzle in the extra-virgin olive oil and water, whisking constantly. Season the vinaigrette with the remaining 1/8 teaspoon salt and several turns freshly ground black pepper.
- ☐ Combine arugula and blueberries in a large bowl.
- ☐ Drizzle vinaigrette over salad, tossing until well combined. Divide salad evenly among 4 plates. Arrange 4 pecorino slices over each salad.
- ☐ Serve immediately with seared snapper and a 5-ounce glass of white wine, if desired.

Nutrition Facts



 **PROTEIN 52%**  **FAT 32.63%**  **CARBS 15.37%**

Properties

Glycemic Index:65.07, Glycemic Load:4.44, Inflammation Score:-8, Nutrition Score:27.719130329464%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 14.72mg, Kaempferol: 14.72mg, Kaempferol: 14.72mg, Kaempferol: 14.72mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 309.48kcal (15.47%), Fat: 11.07g (17.02%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 10.1g (3.67%), Sugar: 8.93g (9.92%), Cholesterol: 73.99mg (24.66%), Sodium: 304.11mg (13.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.68g (79.36%), Vitamin D: 17.4µg (116.02%), Selenium: 66.95µg (95.64%), Vitamin B12: 5.22µg (87.03%), Vitamin K: 57.87µg (55.11%), Phosphorus: 445.38mg (44.54%), Vitamin B6: 0.74mg (37.1%), Potassium: 907.3mg (25.92%), Vitamin A: 1260.02IU (25.2%), Calcium: 237.06mg (23.71%), Magnesium: 81.4mg (20.35%), Vitamin E: 2.84mg (18.93%), Vitamin C: 13.25mg (16.06%), Vitamin B5: 1.55mg (15.54%), Manganese: 0.31mg (15.44%), Folate: 52.01µg (13%), Zinc: 1.16mg (7.75%), Vitamin B1: 0.12mg (7.73%), Iron: 1.21mg (6.72%), Fiber: 1.63g (6.54%), Vitamin B2: 0.1mg (5.79%), Copper: 0.11mg (5.5%), Vitamin B3: 0.79mg (3.94%)