



## Baked Red Snapper with Avgolemono

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon peppercorns whole black
- 1 cup bottled clam juice
- 1 large eggs separated
- 0.5 pound optional: dill fresh
- 0.3 cup juice of lemon fresh
- 1 medium onion sliced
- 30 ounce snapper fillets red with skin
- 0.5 teaspoon salt

- 1 turkish bay leaf or
- 2 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- baking pan
- wooden spoon
- kitchen thermometer
- aluminum foil

## Directions

- Preheat oven to 375°F.
- Spread 1 1/2 bunches of dill evenly in baking pan, reserving remainder for garnish. Simmer water, clam juice, onion, salt, peppercorns, and bay leaf in a 2- to 3-quart saucepan, uncovered, 10 minutes, then pour hot mixture over dill in pan.
- Arrange fish, skin sides up, in 1 layer on dill in pan and season with salt and pepper.
- Bake, uncovered, in middle of oven until fish is just cooked through, 10 to 20 minutes, depending on thickness of fillets.
- Transfer fish, skin sides up, to a platter and keep warm, loosely covered with foil.
- Pour cooking liquid through a sieve into a bowl, pressing hard on solids. Discard solids and reserve 2/3 cup cooking liquid.
- Whisk together egg yolk and lemon juice in a small bowl. Beat egg white with a clean whisk in a medium bowl until it just holds stiff peaks, then whisk in yolk mixture.
- Pour egg mixture into a 2-quart heavy saucepan, then whisk in reserved cooking liquid. Cook sauce over moderately low heat, stirring constantly with a wooden spoon (it will be foamy),

until it is thick enough to coat back of spoon and registers 170 to 175°F on an instant-read thermometer, 2 to 3 minutes. (Do not let boil.) Immediately pour sauce through a fine sieve into a bowl, then serve over fish.

Each serving contains about 159 calories and 3 grams fat.

Gourmet

## Nutrition Facts

**PROTEIN 65.42%** **FAT 14.96%** **CARBS 19.62%**

### Properties

Glycemic Index:12.33, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:27.115217343621%

### Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 17.36mg, Isorhamnetin: 17.36mg, Isorhamnetin: 17.36mg, Isorhamnetin: 17.36mg Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 24.61mg, Quercetin: 24.61mg, Quercetin: 24.61mg, Quercetin: 24.61mg

### Nutrients (% of daily need)

Calories: 198.93kcal (9.95%), Fat: 3.24g (4.99%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 8.23g (2.99%), Sugar: 2.37g (2.63%), Cholesterol: 83.45mg (27.82%), Sodium: 466.96mg (20.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.85%), Vitamin D: 14.62µg (97.5%), Selenium: 56.98µg (81.39%), Vitamin B12: 4.34µg (72.31%), Vitamin A: 3174.37IU (63.49%), Vitamin C: 41.67mg (50.51%), Vitamin B6: 0.7mg (35.13%), Phosphorus: 332.88mg (33.29%), Manganese: 0.56mg (28.06%), Potassium: 956.44mg (27.33%), Folate: 76.44µg (19.11%), Magnesium: 72.69mg (18.17%), Iron: 3.02mg (16.8%), Vitamin B5: 1.41mg (14.12%), Calcium: 140.07mg (14.01%), Vitamin E: 1.51mg (10.08%), Vitamin B2: 0.17mg (9.75%), Vitamin B1: 0.11mg (7.32%), Zinc: 1.04mg (6.94%), Copper: 0.14mg (6.82%), Vitamin B3: 1.13mg (5.63%), Fiber: 1.34g (5.38%)