



## Baked Snapper with Chipotle Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter softened
- ☐ 1 chipotle chile in adobo sauce canned finely minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings lemon wedges
- ☐ 0.5 teaspoon paprika
- ☐ 24 ounce snapper red firm
- ☐ 0.3 teaspoon salt

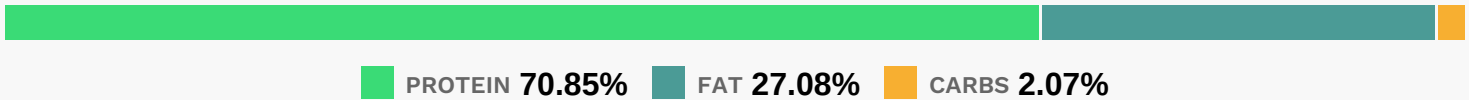
# Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients; sprinkle evenly over fish.
- ☐ Place fish on a baking sheet coated with cooking spray; bake 15 minutes or until fish flakes easily when tested with a fork.
- ☐ While fish bakes, combine butter and chile.
- ☐ Spread butter mixture evenly over fish.
- ☐ Serve with lemon wedges.

# Nutrition Facts



# Properties

Glycemic Index:31.88, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:15.367391324562%

# Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 192.98kcal (9.65%), Fat: 5.82g (8.96%), Saturated Fat: 2.8g (17.53%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.31g (0.34%), Cholesterol: 92.57mg (30.86%), Sodium: 256.96mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.28g (68.57%), Selenium: 71.17µg (101.67%), Vitamin B12: 2.69µg (44.89%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.68mg (33.39%), Phosphorus: 292.3mg (29.23%), Potassium: 526.94mg (15.06%), Vitamin B6: 0.28mg (14.15%), Magnesium: 47.55mg (11.89%), Folate: 41.2µg (10.3%), Vitamin B5: 0.84mg (8.41%), Iron: 1.28mg (7.09%), Copper: 0.13mg (6.64%), Vitamin B2: 0.11mg (6.62%), Vitamin E: 0.84mg (5.63%), Vitamin B1: 0.07mg (4.85%), Vitamin A: 214.52IU (4.29%), Manganese: 0.08mg (4.19%), Zinc:

0.59mg (3.93%), Vitamin K: 2.94µg (2.8%), Calcium: 21.38mg (2.14%), Fiber: 0.53g (2.13%)