



HEALTH SCORE

100%

## Baked Snapper with Tomato-Orange Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black
- 0.3 cup cooking wine dry white
- 2 garlic cloves minced
- 0.1 teaspoon ground turmeric
- 1 teaspoon olive oil
- 0.5 cup onion chopped
- 0.3 cup orange juice fresh
- 1 teaspoon orange rind grated

- 24 ounce snapper white red firm
- 0.3 teaspoon salt
- 2 pounds tomatoes red chopped
- 1.5 pounds tomatoes yellow chopped

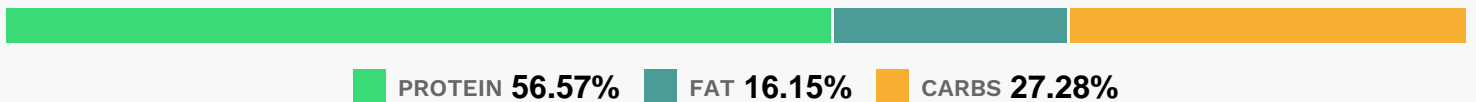
## Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 400
- Combine first 8 ingredients in an 11 x 7-inch baking dish.
- Bake at 400 for 20 minutes. Arrange fish on top of tomato mixture.
- Drizzle with oil; sprinkle with salt and pepper. Cover with foil; bake 20 minutes or until fish flakes easily when tested with a fork.

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:3.76, Inflammation Score:-9, Nutrition Score:30.138260924298%

## 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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

## Nutrients (% of daily need)

Calories: 268.84kcal (13.44%), Fat: 4.86g (7.47%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 14.07g (5.12%), Sugar: 8.28g (9.2%), Cholesterol: 85.05mg (28.35%), Sodium: 286.29mg (12.45%), Alcohol: 1.54g (100%), Alcohol %: 0.32% (100%), Protein: 38.27g (76.54%), Selenium: 72.14µg (103.05%), Vitamin C: 56.77mg (68.82%), Vitamin B3: 10.11mg (50.56%), Potassium: 1570.42mg (44.87%), Vitamin B12: 2.69µg (44.79%), Phosphorus: 418.63mg (41.86%), Vitamin A: 1923.19IU (38.46%), Vitamin D: 5.27µg (35.15%), Folate: 134.7µg (33.68%), Vitamin B6: 0.61mg (30.54%), Manganese: 0.61mg (30.47%), Magnesium: 97.21mg (24.3%), Copper: 0.45mg (22.73%), Vitamin K: 21.19µg (20.18%), Fiber: 4.4g (17.59%), Vitamin B1: 0.25mg (16.74%), Vitamin B2: 0.24mg (14.4%), Iron: 2.58mg (14.33%), Vitamin E: 2.06mg (13.76%), Vitamin B5: 1.29mg (12.9%), Zinc: 1.51mg (10.04%), Calcium: 70.07mg (7.01%)