



Blackened Red Snapper



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil dried
- ☐ 2 tablespoons thyme dried
- ☐ 1.5 tablespoons pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup juice of lemon fresh
- ☐ 6 servings parsley fresh chopped
- ☐ 2 teaspoons pepper dried red crushed
- ☐ 48 ounce snapper red

☐ 1 pound butter unsalted

Equipment

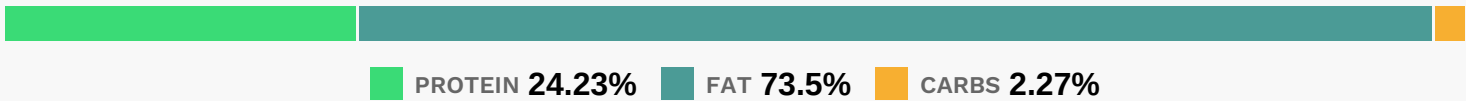
☐ frying pan

☐ sauce pan

Directions

- ☐ Melt butter in medium saucepan over low heat. Stir in lemon juice through kosher salt. Cook over low heat for 10 minutes; pour into shallow dish.
- ☐ Dip fillets into butter mixture, coating thoroughly.
- ☐ Place fillets on platter; cover and chill at least 1 hour. Set aside remaining butter mixture.
- ☐ Heat a large cast-iron skillet over high heat until a drop of water sizzles in the pan.
- ☐ Add 2 fillets, and cook 2 minutes on each side or until fish flakes with a fork. Keep cooked fillets warm. Repeat procedure with remaining fillets.
- ☐ Reduce heat; add remaining butter mixture to skillet, and stir well.
- ☐ Drizzle butter mixture over each serving.
- ☐ Sprinkle with parsley and serve with lemon wedges.
- ☐ Note: The success of the blackening technique depends on having well-chilled fish and a very hot skillet. Prepard only in a well-ventilated area.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:34.116956399835%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 787.18kcal (39.36%), Fat: 64.74g (99.59%), Saturated Fat: 39.6g (247.47%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 2.68g (0.97%), Sugar: 0.69g (0.77%), Cholesterol: 246.45mg (82.15%), Sodium: 556.47mg (24.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.02g (96.04%), Vitamin D: 24.27µg (161.78%), Selenium: 87.73µg (125.33%), Vitamin B12: 6.93µg (115.54%), Vitamin K: 120µg (114.28%), Vitamin A: 2734.25IU (54.69%), Vitamin B6: 0.97mg (48.3%), Phosphorus: 481.85mg (48.19%), Potassium: 1085.92mg (31.03%), Vitamin E: 4.5mg (30.03%), Manganese: 0.48mg (24.03%), Magnesium: 93.29mg (23.32%), Vitamin C: 17.5mg (21.21%), Iron: 3.8mg (21.1%), Vitamin B5: 1.86mg (18.65%), Calcium: 161.61mg (16.16%), Vitamin B1: 0.13mg (8.51%), Folate: 31.98µg (8%), Zinc: 1.16mg (7.75%), Copper: 0.15mg (7.56%), Fiber: 1.8g (7.2%), Vitamin B3: 0.97mg (4.86%), Vitamin B2: 0.07mg (4.1%)