



Blackened Snapper, Red Pepper Sauce, Cheese Grits and Corn Relish

 **Gluten Free**

READY IN



80 min.

SERVINGS



4

CALORIES



457 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup apple juice
- 1 tablespoon blackening seasoning
- 0.5 cup cheese such as cheddar and gruyere
- 2 cups chicken stock see
- 0.5 cup kernels corn fresh
- 1 tablespoon grapeseed oil
- 2 tablespoons green onion thinly sliced

- 0.8 cup grits
- 1 tablespoon kosher salt
- 2 tablespoons dice onion yellow
- 24 ounce snapper fillets red
- 2 tablespoons red wine vinegar
- 1 cup roasted pepper puree red
- 4 servings salt and pepper
- 1 ounce vegetable juice such as v8
- 1 teaspoon pepper white
- 2 tablespoons onion diced yellow

Equipment

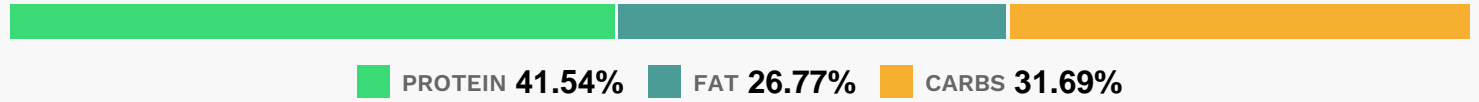
- bowl
- frying pan
- sauce pan
- whisk

Directions

- For the relish: In a bowl, blend the corn, green onions, yellow onions, vinegar, vegetable juice and some salt and pepper, mixing well. Hold in the refrigerator for 30 minutes to 1 hour to marinate.
- For the grits: Warm the chicken stock in a deep saucepan over medium-high heat. Bring stock to a simmer, then add the salt and pepper. Reduce the heat to medium. Next slowly add the grits.
- Whisking continuously, cook until thickened, 10 to 12 minutes. Once cooked, taste and season with salt and pepper. Then hold warm for serving.
- Heat a pan with the grapeseed oil. Then add the onions and cook until caramelized, 3 minutes. After cooking the onions, reduce the heat to medium-low and add the apple juice. Allow the juice to reduce for 1 minute, then add the pepper puree. Stir to incorporate the flavors and simmer for 5 minutes, then remove from the heat.
- Heat a heavy-bottom pan over high heat.

Add the grapeseed oil and warm for 2 minutes. Then sprinkle the skin-side of the fish with the blackening seasoning and sear on the skin side for 3 minutes. After "blackening" the skin side, flip, reduce the heat and cook for another 3 minutes on the fleshy side. When fully cooked, scoop 2 ounces of the sauce on a plate followed by some grits. Top with the cooked fish. Finally top a corner of the fish with some relish.

Nutrition Facts



Properties

Glycemic Index:55.94, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:27.818695483%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 457.42kcal (22.87%), Fat: 13.3g (20.46%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 33.67g (12.24%), Sugar: 5.27g (5.86%), Cholesterol: 84.69mg (28.23%), Sodium: 3138.43mg (136.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.44g (92.89%), Vitamin D: 17.45µg (116.33%), Selenium: 75.31µg (107.59%), Vitamin B12: 5.37µg (89.45%), Phosphorus: 513.37mg (51.34%), Vitamin B6: 0.9mg (44.85%), Potassium: 1022.81mg (29.22%), Vitamin C: 23.25mg (28.18%), Calcium: 250.04mg (25%), Magnesium: 82.76mg (20.69%), Vitamin E: 2.76mg (18.41%), Vitamin B5: 1.62mg (16.19%), Vitamin B3: 3.18mg (15.92%), Vitamin A: 682.74IU (13.65%), Vitamin B1: 0.19mg (12.94%), Vitamin B2: 0.2mg (11.88%), Zinc: 1.72mg (11.45%), Copper: 0.21mg (10.35%), Manganese: 0.19mg (9.72%), Folate: 34.67µg (8.67%), Iron: 1.44mg (8.01%), Fiber: 1.76g (7.06%), Vitamin K: 7.19µg (6.85%)