



Blackened Yellowtail Snapper with Mango Salsa

 **Gluten Free**

READY IN



45 min.

SERVINGS



2

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 jalapeno minced
- ☐ 2 tablespoons walkerswood jamaican jerk seasoning prepared
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mangos ripe cubed
- ☐ 0.3 cup onion red chopped

☐

12 ounce yellowtail snapper fillets skinless

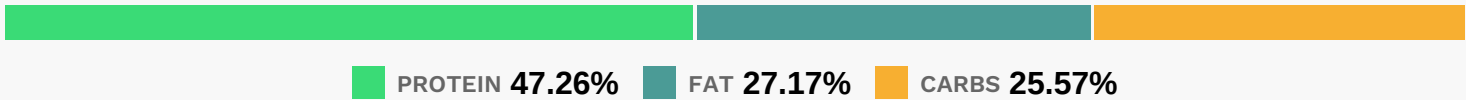
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine mango and next 4 ingredients in a bowl. Cover and chill until ready to serve.
- ☐ Brush snapper with melted butter, and coat both sides with seasoning.
- ☐ Heat a large cast-iron or heavy-bottom skillet until hot. Cook fish 2 minutes on each side or until opaque.
- ☐ Serve with mango salsa.

Nutrition Facts



Properties

Glycemic Index:96.38, Glycemic Load:6.23, Inflammation Score:-10, Nutrition Score:32.85521747755%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 307.05kcal (15.35%), Fat: 9.49g (14.6%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 15.28g (5.55%), Sugar: 13.31g (14.79%), Cholesterol: 77.99mg (26%), Sodium: 289.05mg (12.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.13g (74.26%), Vitamin D: 17.35µg (115.67%),

Selenium: 67.35µg (96.22%), Vitamin B12: 5.11µg (85.25%), Vitamin A: 3973.16IU (79.46%), Vitamin C: 48.17mg (58.39%), Vitamin B6: 1.01mg (50.56%), Vitamin E: 5.98mg (39.84%), Phosphorus: 385.66mg (38.57%), Potassium: 1090.54mg (31.16%), Vitamin K: 26.45µg (25.19%), Magnesium: 80.03mg (20.01%), Fiber: 4.81g (19.25%), Vitamin B5: 1.6mg (16.05%), Folate: 56.1µg (14.02%), Manganese: 0.26mg (13.12%), Copper: 0.24mg (12.16%), Iron: 1.97mg (10.93%), Vitamin B3: 2.14mg (10.72%), Calcium: 101.81mg (10.18%), Vitamin B1: 0.14mg (9.34%), Vitamin B2: 0.13mg (7.83%), Zinc: 1.11mg (7.42%)