



Broiled Red Snapper with Ginger-Lime Butter

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1.5 tablespoons butter softened
- 1 tablespoon cilantro leaves fresh chopped
- 0.3 teaspoon bottled ground ginger fresh (such as Spice World)
- 1 teaspoon jalapeno minced seeded
- 0.5 teaspoon lime rind grated
- 24 ounce snapper white red firm
- 0.8 teaspoon salt divided

Equipment

- bowl
- frying pan

Directions

- Combine first 5 ingredients in a bowl. Stir in 1/4 teaspoon salt. Cover and chill.
- Heat a large nonstick skillet over medium-high heat.
- Sprinkle both sides of fish with the remaining 1/2 teaspoon salt and black pepper. Coat pan with cooking spray.
- Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Place 1 fillet on each of 4 plates, and top each serving with 1 1/2 teaspoons butter mixture.
- Serve with lime wedges, if desired.

Nutrition Facts

PROTEIN 67.61% **FAT 31.83%** **CARBS 0.56%**

Properties

Glycemic Index:44.5, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:15.293043406113%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg 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: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 202.13kcal (10.11%), Fat: 7.16g (11.02%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.06g (0.07%), Cholesterol: 96.34mg (32.11%), Sodium: 558.38mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.48%), Selenium: 71.24µg (101.77%), Vitamin B12: 2.7µg (44.94%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.67mg (33.36%), Phosphorus: 291.25mg (29.13%), Potassium: 522.23mg (14.92%), Vitamin B6: 0.28mg (14.12%), Magnesium: 46.75mg (11.69%), Folate: 41.44µg (10.36%), Vitamin B5: 0.84mg (8.42%), Copper: 0.13mg (6.56%), Vitamin B2: 0.11mg (6.5%), Manganese: 0.12mg (6.16%), Vitamin E: 0.85mg (5.68%), Iron: 1mg (5.56%), Vitamin B1: 0.07mg (4.72%), Zinc: 0.58mg (3.84%), Vitamin K: 3.5µg (3.33%),

Vitamin A: 152.27IU (3.05%), Calcium: 19.54mg (1.95%), Vitamin C: 1.58mg (1.92%)