



Cajun Style Blackened Snapper

 **Gluten Free**

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups butter melted
- ☐ 2 teaspoons cayenne pepper
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 teaspoons garlic powder
- ☐ 1.5 teaspoons ground pepper black
- ☐ 1.5 teaspoons ground pepper white
- ☐ 2 teaspoons onion powder
- ☐ 1 teaspoon oregano dried

- ☐ 2 tablespoons paprika
- ☐ 1 tablespoon salt
- ☐ 24 ounce fillets snapper red

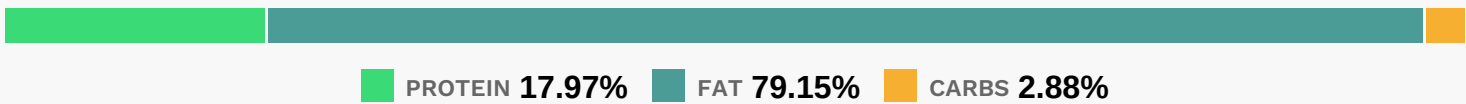
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, mix together paprika, cayenne pepper, white pepper, black pepper, salt, onion powder, garlic powder, thyme, and oregano.
- ☐ Heat a large cast iron skillet over high heat for 10 minutes, or until extremely hot.
- ☐ Dip fish into melted butter, and sprinkle each fillet generously with the seasoning mixture.
- ☐ Place the fish fillets in the hot skillet.
- ☐ Pour 1 tablespoon of butter over each fillet. Cook until the coating on the underside of the fillet turns black, 3 to 5 minutes. Turn the fish over.
- ☐ Pour another tablespoon of butter over the fish, and cook for 2 minutes, or until fish flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.37, Inflammation Score:-10, Nutrition Score:28.128695467244%

Nutrients (% of daily need)

Calories: 807.99kcal (40.4%), Fat: 72.04g (110.83%), Saturated Fat: 44.38g (277.39%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.65g (0.72%), Cholesterol: 245.95mg (81.98%), Sodium: 2405.09mg (104.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.8g (73.6%), Vitamin D: 17.35µg (115.67%), Selenium: 66.74µg (95.34%), Vitamin A: 4469.67IU (89.39%), Vitamin B12: 5.25µg (87.46%), Vitamin B6: 0.82mg (41.19%), Phosphorus: 384.32mg (38.43%), Vitamin E: 5.06mg (33.7%), Potassium: 876.63mg (25.05%), Vitamin K: 18.41µg (17.54%), Magnesium: 70.07mg (17.52%), Manganese: 0.3mg (15.12%), Vitamin B5: 1.49mg

(14.91%), Calcium: 108.48mg (10.85%), Iron: 1.95mg (10.85%), Fiber: 2.47g (9.89%), Vitamin B1: 0.11mg (7.44%), Zinc: 1mg (6.68%), Copper: 0.11mg (5.68%), Vitamin B2: 0.1mg (5.6%), Vitamin B3: 1.02mg (5.09%), Vitamin C: 4.06mg (4.92%), Folate: 17.25µg (4.31%)