



Can't Miss Red Snapper

READY IN



25 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter 1 stick
- ☐ 1 bell pepper green chopped
- ☐ 1 cup onions chopped
- ☐ 1 cup parmesan freshly grated
- ☐ 0.5 teaspoon pepper
- ☐ 32 ounce snapper fillets red
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce

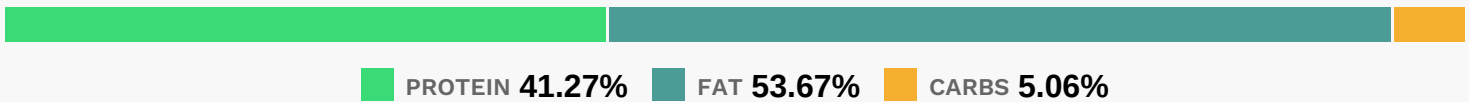
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Season the fish with the salt and pepper.
- ☐ Spread the onions and pepper in a 13 by 9-inch glass baking dish and place the fish on top. Dot the fish with butter.
- ☐ Sprinkle with a little Worcestershire sauce.
- ☐ Bake for 12 minutes, then baste fish with pan juices.
- ☐ Sprinkle the fish with Parmesan and then place under the broiler for about 2 minutes or until the cheese browns. To serve, spoon the vegetables over the fish.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:29.712173938751%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 554.09kcal (27.7%), Fat: 32.61g (50.17%), Saturated Fat: 19.37g (121.07%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.67g (2.06%), Sugar: 3.05g (3.39%), Cholesterol: 161.92mg (53.97%), Sodium: 1367.26mg (59.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.42g (112.83%), Vitamin D: 23.26µg (155.05%),

Selenium: 92.78µg (132.54%), Vitamin B12: 7.15µg (119.2%), Phosphorus: 649.86mg (64.99%), Vitamin B6: 1.05mg (52.31%), Calcium: 393.57mg (39.36%), Vitamin C: 31.06mg (37.65%), Potassium: 1123.46mg (32.1%), Vitamin A: 1260.35IU (25.21%), Magnesium: 92.11mg (23.03%), Vitamin E: 3.01mg (20.1%), Vitamin B5: 1.93mg (19.28%), Zinc: 1.65mg (10.99%), Vitamin B1: 0.15mg (10.27%), Manganese: 0.16mg (7.79%), Vitamin B2: 0.12mg (7.33%), Folate: 24.9µg (6.22%), Copper: 0.12mg (5.95%), Iron: 1.06mg (5.88%), Vitamin K: 5.45µg (5.19%), Fiber: 1.25g (5%), Vitamin B3: 0.95mg (4.73%)