



Creole Baked Snapper



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon creole seasoning
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 teaspoons hot sauce

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 24 ounce snapper fillets red
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups tomatoes coarsely chopped

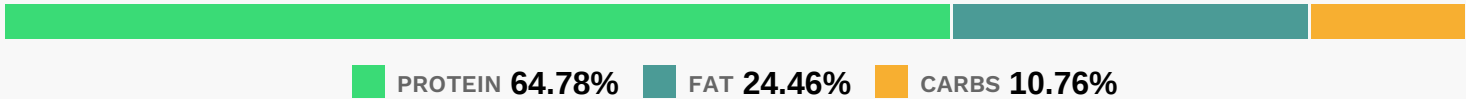
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a large nonstick skillet over medium-high heat. Saut bell pepper, celery, onion, and thyme 5 minutes or until onion just begins to brown. Stir in tomato and next 3 ingredients. Bring to a boil; cover, reduce heat, and simmer 2 minutes.
- ☐ Remove from heat. Stir in hot sauce.
- ☐ Arrange fish in a single layer in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with Creole seasoning, and top with vegetables.
- ☐ Bake at 400 for 15 minutes or until fish flakes easily when tested with a fork.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:27.503913319629%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 228.17kcal (11.41%), Fat: 6.05g (9.3%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.79g (3.1%), Cholesterol: 62.94mg (20.98%), Sodium: 323.45mg (14.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.04g (72.07%), Vitamin D: 17.35µg (115.67%), Selenium: 65.38µg (93.4%), Vitamin B12: 5.1µg (85.05%), Vitamin K: 75.23µg (71.65%), Vitamin B6: 0.82mg (41.25%), Vitamin C: 33.15mg (40.18%), Phosphorus: 366.39mg (36.64%), Potassium: 951.73mg (27.19%), Vitamin A: 1122.9IU (22.46%), Vitamin E: 2.61mg (17.42%), Magnesium: 68.03mg (17.01%), Vitamin B5: 1.42mg (14.19%), Manganese: 0.2mg (10%), Vitamin B1: 0.13mg (8.43%), Calcium: 82.06mg (8.21%), Folate: 32.19µg (8.05%), Fiber: 1.72g (6.9%), Iron: 1.04mg (5.76%), Copper: 0.11mg (5.7%), Zinc: 0.84mg (5.61%), Vitamin B3: 1.01mg (5.03%), Vitamin B2: 0.04mg (2.46%)