



Crisp Whole Red Snapper with Asian Citrus Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons chicken broth low-sodium homemade canned
- 4 servings cooking oil for frying
- 0.5 teaspoon ginger fresh grated
- 2 tablespoons juice of lime
- 4 teaspoons orange juice fresh
- 3 pound snappers whole red cleaned
- 2 scallions including tops green cut into thin slices

- 2 teaspoons asian sesame oil
- 2 tablespoons soya sauce

Equipment

- bowl
- frying pan
- paper towels
- knife
- kitchen thermometer
- spatula

Directions

- Rinse the fish and dry the surface and the cavity of each thoroughly with paper towels. In a 12-inch or larger nonstick frying pan, heat 3/8 of an inch of cooking oil over moderately high heat until very hot. A deep-fat thermometer should register 37
- Carefully add the fish, letting the tails stick out of the pan if necessary.
- Let the fish cook, without moving them, until crisp and browned, about 9 minutes. Using a large spatula, carefully turn each fish. Continue cooking until crisp and browned and just done, about 7 minutes longer.
- Drain on paper towels.
- Meanwhile, in a small glass or stainless-steel bowl, combine the broth, soy sauce, lime juice, orange juice, sesame oil, grated ginger, and scallions.
- Serve the fish on a platter. Run a knife between the flesh and the bones and lift off the fillet with the skin attached. Turn the fish over and repeat. Pass the sauce.
- Fish Alternatives: In place of the whole red snappers, you can use whole sea bass, porgies, or rockfish of the same weight.
- Wine Recommendation: A crisp, acidic white wine will be best with the citrus flavors and Asian ingredients of this dish. Try a sauvignon blanc from the Loire Valley in France (Sancerre) or a pinot blanc from the Alsace region.

Nutrition Facts



■ PROTEIN **74.78%** ■ FAT **22.48%** ■ CARBS **2.74%**

Properties

Glycemic Index:28.5, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:29.043478411177%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 398.77kcal (19.94%), Fat: 9.54g (14.67%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.04g (1.16%), Cholesterol: 125.87mg (41.96%), Sodium: 728.43mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.36g (142.73%), Vitamin D: 34.7µg (231.33%), Selenium: 130.08µg (185.83%), Vitamin B12: 10.23µg (170.47%), Phosphorus: 696.58mg (69.66%), Vitamin B6: 1.39mg (69.54%), Potassium: 1497.41mg (42.78%), Magnesium: 115.36mg (28.84%), Vitamin B5: 2.61mg (26.13%), Vitamin E: 3.84mg (25.58%), Vitamin C: 12.33mg (14.95%), Vitamin K: 15.08µg (14.36%), Calcium: 117.74mg (11.77%), Vitamin B1: 0.17mg (11.56%), Zinc: 1.32mg (8.8%), Vitamin A: 438.18IU (8.76%), Vitamin B3: 1.7mg (8.51%), Copper: 0.13mg (6.48%), Folate: 25.35µg (6.34%), Iron: 0.98mg (5.47%), Manganese: 0.1mg (5.08%), Vitamin B2: 0.04mg (2.28%), Fiber: 0.28g (1.11%)