



Curried Red Snapper

 Gluten Free

READY IN



110 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 10 cilantro sprigs
- ☐ 2 cups coconut milk
- ☐ 2 tablespoons curry powder
- ☐ 1 clove garlic crushed
- ☐ 0.3 cup olive oil
- ☐ 2 onions sliced

- ☐ 2 pounds snapper fillets red
- ☐ 2 teaspoons salt
- ☐ 2 scallions chopped
- ☐ 1 to 2 scotch bonnet peppers seeded chopped
- ☐ 2 tomatoes roughly chopped
- ☐ 1 cup water

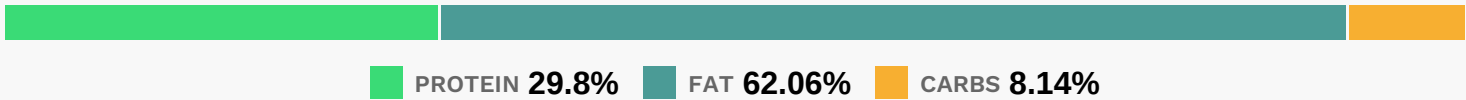
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut the red snapper into small pieces and place in a bowl. Season with the salt, black pepper, scallion, and curry powder.
- ☐ Allow the fish to marinate in the refrigerator for at least 1 hour.
- ☐ When you are ready to proceed, heat the butter and oil in a large saute pan.
- ☐ Add the fish and saute until it is lightly browned on both sides.
- ☐ Add the peppers, garlic, coconut milk, water, tomatoes, and onions. Cover the fish and bring to a boil. Reduce the heat, cover the pan, and simmer until the fish is tender, about 20 to 25 minutes, adding more water if necessary. Also, add a touch more curry, if necessary, for your taste. Finish with fresh cilantro leaves.
- ☐ Serve this splendid dish with white rice and fried plantains.

Nutrition Facts



Properties

Glycemic Index:64.67, Glycemic Load:3.47, Inflammation Score:-8, Nutrition Score:27.315652297891%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.88mg, Quercetin: 9.88mg, Quercetin: 9.88mg, Quercetin: 9.88mg

Nutrients (% of daily need)

Calories: 445.47kcal (22.27%), Fat: 31.32g (48.18%), Saturated Fat: 18.4g (115%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.15g (2.6%), Sugar: 2.91g (3.23%), Cholesterol: 65.98mg (21.99%), Sodium: 920.91mg (40.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.83g (67.66%), Vitamin D: 15.42µg (102.81%), Selenium: 58.48µg (83.54%), Vitamin B12: 4.54µg (75.73%), Manganese: 0.85mg (42.73%), Phosphorus: 405.35mg (40.54%), Vitamin B6: 0.75mg (37.44%), Vitamin K: 30.68µg (29.22%), Potassium: 1019.37mg (29.12%), Magnesium: 99.55mg (24.89%), Vitamin E: 3.64mg (24.3%), Iron: 3.77mg (20.95%), Vitamin C: 15.93mg (19.31%), Vitamin A: 921.42IU (18.43%), Copper: 0.29mg (14.55%), Vitamin B5: 1.37mg (13.69%), Folate: 39.52µg (9.88%), Calcium: 94.64mg (9.46%), Vitamin B1: 0.13mg (8.7%), Fiber: 2.1g (8.39%), Zinc: 1.24mg (8.24%), Vitamin B3: 1.35mg (6.76%), Vitamin B2: 0.04mg (2.39%)