



Flamboyant Roasted Red Snapper



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



933 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brandy
- ☐ 1 bunch thyme leaves fresh
- ☐ 0.5 optional: lemon sliced
- ☐ 4 stalks lemon grass
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2.5 pound snapper whole red
- ☐ 2 servings rock salt

- ☐ 6 long stems rosemary
- ☐ 0.5 teaspoon sea salt fine-grained

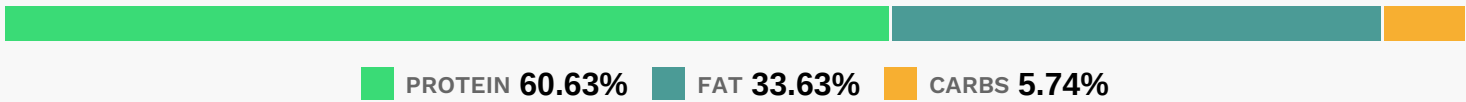
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Place fish on a lightly greased rack in a broiler pan. Insert lemon slices in cavity of fish.
- ☐ Brush outside of fish with olive oil, and sprinkle sea salt and pepper.
- ☐ Bake at 450 for 20 to 25 minutes or until fish flakes with a fork.
- ☐ Spread an even layer of kosher or rock salt on an ovenproof platter.
- ☐ Place fish on the herbs, and top with remaining herbs.
- ☐ Heat brandy in a small saucepan just until warm (do not boil). Quickly pour brandy over fish; ignite with a long match.
- ☐ Brush charred herbs aside; fillet the fish, and serve immediately

Nutrition Facts



Properties

Glycemic Index:93.75, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:43.860869760099%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 933.03kcal (46.65%), Fat: 28.92g (44.49%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 9.82g (3.57%), Sugar: 0.68g (0.75%), Cholesterol: 209.79mg (69.93%), Sodium: 1141.82mg (49.64%), Alcohol: 20.04g (100%), Alcohol %: 3.58% (100%), Protein: 117.31g (234.62%), Vitamin D: 57.83µg (385.55%), Selenium: 216.95µg (309.93%), Vitamin B12: 17.01µg (283.5%), Vitamin B6: 2.33mg (116.39%), Phosphorus: 1162.78mg (116.28%), Manganese: 1.77mg (88.28%), Potassium: 2641.77mg (75.48%), Vitamin E: 8.51mg (56.75%), Magnesium: 206.33mg (51.58%), Vitamin B5: 4.33mg (43.34%), Vitamin C: 27.55mg (33.39%), Iron: 4.27mg (23.71%), Calcium: 222.8mg (22.28%), Vitamin B1: 0.3mg (19.85%), Zinc: 2.8mg (18.69%), Vitamin A: 715.89IU (14.32%), Copper: 0.28mg (14.06%), Folate: 55.73µg (13.93%), Vitamin K: 14.03µg (13.36%), Vitamin B3: 2.02mg (10.1%), Fiber: 1.29g (5.16%), Vitamin B2: 0.08mg (4.52%)