



French Onion Snapper

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking sherry dry
- ☐ 3 cups bread french cubed
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon
- ☐ 8 ounce pre mushrooms fresh
- ☐ 1 tablespoon olive oil

- ☐ 3 cups onion sliced
- ☐ 0.5 teaspoon paprika
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 16 ounce snapper fillets red
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 cups tomatoes seeded chopped

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

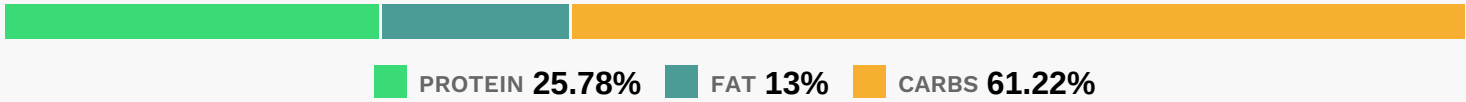
Directions

- ☐ Combine first 3 ingredients in a large heavy-duty, zip-top plastic bag.
- ☐ Add bread cubes; seal bag, and shake until cubes are well coated. Arrange bread cubes in a single layer on a 15- x 10- x 1-inch jellyroll pan coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until golden, stirring occasionally.
- ☐ Remove from oven, and let cool completely.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion, sugar, and paprika; saute 10 to 12 minutes or until onion is tender and lightly browned.
- ☐ Transfer onion mixture to an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- ☐ Place fish over onion, and sprinkle with lemon juice, salt, and red pepper.
- ☐ Wipe skillet dry with a paper towel. Coat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add green pepper and mushrooms, and saute until tender. Stir in tomato. Spoon mushroom mixture over fish; drizzle with sherry. Cover and bake at 400 for 15 minutes. Uncover; top with

bread cubes.

☐ Bake, uncovered, 5 additional minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:81.15, Glycemic Load:75.54, Inflammation Score:-9, Nutrition Score:45.83043475773%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 25.65mg, Quercetin: 25.65mg, Quercetin: 25.65mg, Quercetin: 25.65mg

Nutrients (% of daily need)

Calories: 738.98kcal (36.95%), Fat: 10.62g (16.33%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 112.47g (37.49%), Net Carbohydrates: 104.25g (37.91%), Sugar: 18.64g (20.71%), Cholesterol: 44.13mg (14.71%), Sodium: 1343.68mg (58.42%), Alcohol: 1.54g (100%), Alcohol %: 0.32% (100%), Protein: 47.36g (94.72%), Selenium: 100.96µg (144.23%), Vitamin B1: 1.47mg (97.87%), Vitamin D: 11.69µg (77.95%), Folate: 273.49µg (68.37%), Vitamin C: 55.05mg (66.72%), Manganese: 1.29mg (64.37%), Vitamin B2: 1.06mg (62.53%), Vitamin B3: 11.75mg (58.73%), Vitamin B12: 3.46µg (57.64%), Phosphorus: 541.59mg (54.16%), Vitamin B6: 1.02mg (50.85%), Iron: 8.17mg (45.38%), Potassium: 1313.48mg (37.53%), Fiber: 8.22g (32.86%), Magnesium: 125.84mg (31.46%), Copper: 0.6mg (30.22%), Vitamin B5: 2.58mg (25.76%), Vitamin A: 1078.23IU (21.56%), Zinc: 3.08mg (20.55%), Calcium: 194.12mg (19.41%), Vitamin E: 2.67mg (17.81%), Vitamin K: 12.99µg (12.37%)