



French West Indian Grilled Snapper with Caper Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black
- ☐ 1 tablespoon capers
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 3 garlic cloves chopped
- ☐ 1.5 teaspoons habanero pepper minced

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 habanero peppers minced
- ☐ 24 ounce snapper white red firm
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 large shallots chopped
- ☐ 2 tablespoons water
- ☐ 1 teaspoon or dried fresh

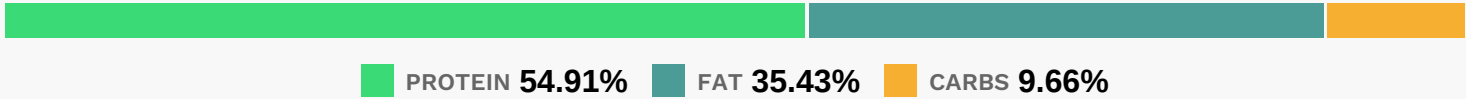
Equipment

- ☐ food processor
- ☐ blender
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare marinade, place first 6 ingredients in a blender; process until smooth.
- ☐ Combine marinade and fish in a large zip-top plastic bag; seal. Marinate in refrigerator 2 to 4 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ To prepare caper sauce, place cilantro and next 10 ingredients (cilantro through shallot) in a blender or food processor; process until smooth.
- ☐ Remove fish from marinade, discard marinade.
- ☐ Place fish on grill rack coated with cooking spray; grill 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with caper sauce.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:19.816087038621%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 249.97kcal (12.5%), Fat: 10.04g (15.45%), Saturated Fat: 2g (12.53%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 4.96g (1.8%), Sugar: 1.73g (1.93%), Cholesterol: 85.05mg (28.35%), Sodium: 874.48mg (38.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.03g (70.06%), Selenium: 71.7µg (102.43%), Vitamin B12: 2.69µg (44.79%), Vitamin C: 35.08mg (42.52%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.91mg (34.53%), Phosphorus: 309.5mg (30.95%), Vitamin B6: 0.42mg (21.14%), Potassium: 644.95mg (18.43%), Vitamin K: 15.71µg (14.97%), Manganese: 0.28mg (14.03%), Magnesium: 55.77mg (13.94%), Vitamin E: 1.91mg (12.76%), Folate: 50.08µg (12.52%), Copper: 0.19mg (9.54%), Iron: 1.69mg (9.38%), Vitamin B5: 0.94mg (9.36%), Vitamin B2: 0.13mg (7.66%), Vitamin B1: 0.11mg (7.06%), Fiber: 1.21g (4.83%), Zinc: 0.72mg (4.78%), Calcium: 40.55mg (4.06%), Vitamin A: 168.68IU (3.37%)