



## Greek Red Snapper

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.8 pounds baking potatoes peeled cut lengthwise into 12 wedges
- 4 bay leaves
- 2 inch rings bell pepper green
- 0.5 cup cooking wine dry white
- 0.5 cup parsley fresh minced
- 2 large garlic cloves minced
- 6 ounce grouper fillets
- 1.5 tablespoons juice of lemon fresh

- 1 tablespoon olive oil
- 2 cups onion chopped
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2.5 cups tomatoes seeded chopped
- 4 inch tomatoes

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 35
- Heat 1 tablespoon oil in a large nonstick skillet over medium heat.
- Add onion; saut 7 minutes or until tender.
- Add chopped tomato and next 5 ingredients (chopped tomato through garlic); reduce heat, and simmer, uncovered, 15 minutes or until liquid evaporates, stirring occasionally. Set aside.
- Arrange fillets in a 13 x 9-inch baking dish coated with cooking spray.
- Sprinkle lemon juice and 1/2 teaspoon salt over fillets, and top with onion mixture.
- Place potato wedges over onion mixture, and drizzle with 1 tablespoon oil and 1/4 teaspoon salt. Top with tomato slices and bell pepper rings.
- Bake, uncovered, at 350 for 1 hour and 20 minutes or until potatoes are tender.
- Place 1 fillet and 6 potato wedges on each of 8 plates. Divide onion mixture evenly among each serving, and top each serving with 1 tomato slice and 1 bell pepper ring.

## Nutrition Facts



## Properties

Glycemic Index:38.34, Glycemic Load:15.59, Inflammation Score:-7, Nutrition Score:12.216087113256%

## 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: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

## Nutrients (% of daily need)

Calories: 153.78kcal (7.69%), Fat: 2.23g (3.43%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 21.96g (7.99%), Sugar: 3.84g (4.27%), Cholesterol: 7.87mg (2.62%), Sodium: 241.31mg (10.49%), Alcohol: 1.54g (100%), Alcohol %: 0.84% (100%), Protein: 7.3g (14.59%), Vitamin K: 68.45µg (65.19%), Vitamin C: 22.01mg (26.68%), Vitamin B6: 0.52mg (25.81%), Potassium: 727.4mg (20.78%), Manganese: 0.31mg (15.54%), Vitamin A: 752.39IU (15.05%), Selenium: 8.49µg (12.13%), Phosphorus: 118.58mg (11.86%), Fiber: 2.72g (10.89%), Magnesium: 42.59mg (10.65%), Folate: 37.17µg (9.29%), Vitamin B1: 0.14mg (9.26%), Iron: 1.58mg (8.79%), Copper: 0.16mg (8.02%), Vitamin B3: 1.5mg (7.51%), Vitamin B5: 0.58mg (5.81%), Calcium: 41.45mg (4.14%), Zinc: 0.61mg (4.07%), Vitamin E: 0.56mg (3.76%), Vitamin B2: 0.06mg (3.61%), Vitamin B12: 0.13µg (2.13%)