



Greek Snapper



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes pasta-style undrained canned
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup kalamata olives pitted sliced
- ☐ 3 tablespoons juice of lemon
- ☐ 0.8 teaspoon oregano dried
- ☐ 0.8 cup onion diced red

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24 ounce snapper fillets red

Equipment

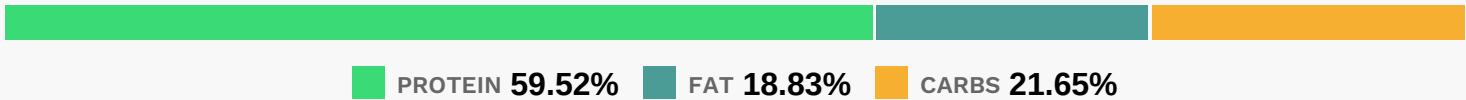
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frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion, bell pepper, and garlic; saut until tender.
- ☐ Add tomatoes, lemon juice, oregano, and pepper; reduce heat, and simmer 2 minutes.
- ☐ Add fish, spooning tomato mixture over fish. Cover and simmer 10 minutes; add olives. Cover and cook 4 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:3, Inflammation Score:-8, Nutrition Score:27.552608863167%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 250.15kcal (12.51%), Fat: 5.27g (8.1%), Saturated Fat: 0.9g (5.66%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10.03g (3.65%), Sugar: 6.65g (7.39%), Cholesterol: 62.94mg (20.98%), Sodium: 510.12mg (22.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.46g (74.92%), Vitamin D: 17.35µg (115.67%), Selenium: 66.25µg (94.64%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.95mg (47.73%), Vitamin C: 34.44mg (41.74%), Phosphorus: 387.77mg (38.78%), Potassium: 1120.06mg (32%), Vitamin E: 3.72mg (24.82%), Magnesium: 84.06mg (21.02%), Manganese: 0.34mg (16.86%), Vitamin B5: 1.65mg (16.53%), Copper: 0.29mg (14.58%), Fiber: 3.59g (14.37%), Vitamin B1: 0.19mg (12.75%), Calcium: 117.92mg (11.79%), Iron: 2.04mg (11.35%), Vitamin A: 544.68IU (10.89%), Vitamin B3: 1.95mg (9.74%), Vitamin K: 9.82µg (9.36%), Folate: 33.15µg (8.29%), Zinc: 1.01mg (6.76%), Vitamin B2: 0.08mg (4.66%)