



Greek Snapper with Orzo and Artichokes

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 0.5 cup chicken broth
- 4 ounces feta cheese crumbled
- 0.3 cup kalamata olives pitted halved
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon rind grated
- 2 tablespoons olive oil
- 1.5 tablespoons oregano fresh chopped

- 12 ounces orzo pasta uncooked
- 2 teaspoons greek seasoning
- 1.5 pound snapper fillet boneless skinless cut into 4 pieces
- 0.5 cup white wine

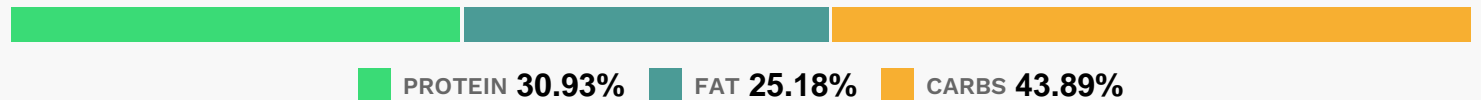
Equipment

- frying pan

Directions

- Cook orzo in boiling salted water according to package directions; drain and keep warm.
- Sprinkle Greek seasoning over both sides of fish fillets.
- Heat oil in a large skillet over medium-high heat.
- Add fish; cook 2 to 3 minutes on each side or until almost done.
- Add artichoke hearts and next 5 ingredients. Bring to a boil; reduce heat and simmer, uncovered, 5 to 7 minutes or until fish flakes with a fork.
- Spoon orzo into a serving dish, and top with snapper and artichokes.
- Sprinkle evenly with feta and olives.
- The Case for Wine: Carlos Kainz owns and manages Dulces Latin Bistro in Seattle, Washington, along with his wife, chef Julie Guerrero. "One type of wine came immediately to mind to match the citrus flavors in this recipe. The Nautilus Sauvignon Blanc (\$1
- is a very subtle New Zealand white that shows its citrus fruit on the palate, yet finishes dry with a good amount of acidity to complement the feta and Kalamatas."

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:26, Inflammation Score:-9, Nutrition Score:33.76999991873%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 700.77kcal (35.04%), Fat: 18.64g (28.67%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 73.1g (24.37%), Net Carbohydrates: 66.57g (24.21%), Sugar: 3.8g (4.23%), Cholesterol: 88.75mg (29.58%), Sodium: 1090.79mg (47.43%), Alcohol: 3.09g (100%), Alcohol %: 0.84% (100%), Protein: 51.5g (103.01%), Selenium: 123.43µg (176.33%), Vitamin D: 17.46µg (116.42%), Vitamin B12: 5.59µg (93.13%), Phosphorus: 606.88mg (60.69%), Manganese: 1.08mg (53.78%), Vitamin B6: 0.99mg (49.39%), Vitamin K: 32.24µg (30.7%), Magnesium: 121.44mg (30.36%), Calcium: 292.05mg (29.2%), Potassium: 1007.26mg (28.78%), Vitamin E: 4.03mg (26.83%), Fiber: 6.53g (26.12%), Vitamin B2: 0.34mg (20.11%), Vitamin B5: 1.98mg (19.82%), Iron: 3.4mg (18.87%), Zinc: 2.81mg (18.73%), Copper: 0.35mg (17.51%), Vitamin B1: 0.22mg (14.49%), Vitamin B3: 2.54mg (12.7%), Folate: 44.62µg (11.16%), Vitamin A: 419.03IU (8.38%), Vitamin C: 4.92mg (5.96%)