



Green Pepper- and Tomato-Topped Snapper

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb sushi-grade yellowtail flounder red (1/)
- 2 tablespoons parsley fresh chopped
- 0.3 cup spring onion thinly sliced
- 1 cup quick-cooking brown rice instant uncooked
- 0.7 cup onion coarsely chopped
- 0.3 teaspoon hot sauce red
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt

- 0.5 teaspoon thyme leaves dried
- 1.5 cups tomatoes coarsely chopped
- 2 cups water

Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 1 (24x18-inch) sheet of heavy-duty foil; spray with cooking spray.
- Layer coarsely chopped onion, bell pepper and tomatoes on center of sheet. Bring up 2 sides of foil over vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place vegetable packet on grill over medium heat. Cover grill; cook 6 minutes, turning once. Meanwhile, in large bowl, mix onions, vinegar, salt, thyme and pepper sauce; set aside. Cook rice in water as directed on package.
- Spray fish and grill basket that has locking top with cooking spray.
- Place fish in basket.
- Place on grill with vegetable packet. Rotate vegetable packet 1/2 turn. Cover grill; cook 8 to 12 minutes, turning fish once, until fish flakes easily with fork.
- Place fish on serving platter; keep warm.
- Cut large X across top of packet; carefully fold back foil to allow steam to escape.
- Add grilled vegetables and parsley to green onion mixture; toss. Spoon over fish.
- Serve with rice.

Nutrition Facts



PROTEIN 43.17% FAT 14.95% CARBS 41.88%

Properties

Glycemic Index:43.5, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:19.252608516942%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 225.92kcal (11.3%), Fat: 3.66g (5.62%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 21.24g (7.72%), Sugar: 2.78g (3.09%), Cholesterol: 76.54mg (25.51%), Sodium: 449.74mg (19.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.5%), Selenium: 53.42µg (76.31%), Vitamin K: 50.46µg (48.05%), Phosphorus: 479.52mg (47.95%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Folate: 88.25µg (22.06%), Vitamin B3: 3.7mg (18.51%), Vitamin B1: 0.27mg (18.32%), Manganese: 0.36mg (17.78%), Vitamin C: 14.09mg (17.08%), Vitamin A: 765.18IU (15.3%), Vitamin B6: 0.28mg (13.83%), Potassium: 482.52mg (13.79%), Iron: 2.17mg (12.03%), Magnesium: 46.59mg (11.65%), Vitamin E: 1.44mg (9.58%), Fiber: 1.8g (7.19%), Copper: 0.14mg (7.16%), Zinc: 1.06mg (7.05%), Calcium: 64.64mg (6.46%), Vitamin B5: 0.5mg (5.04%), Vitamin B2: 0.07mg (3.89%)