



Grilled Creole Snapper

 Gluten Free  Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium tomatoes
- 1 medium onion cut into fourths
- 0.5 medium bell pepper green cut in half
- 0.3 cup spring onion thinly sliced
- 1.5 tablespoons red wine vinegar
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon salt
- 0.3 teaspoon hot sauce red

- 1.5 pounds sushi-grade yellowtail flounder red
- 1 serving pam original flavor shopping list
- 2 tablespoons parsley fresh chopped
- 1 serving rice hot cooked

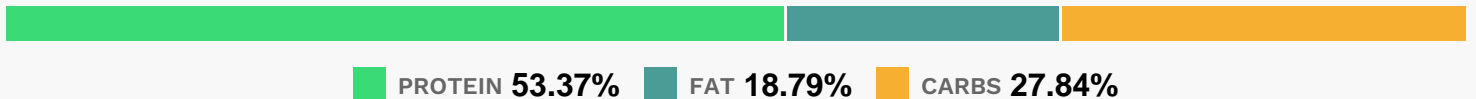
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat. Spray large piece of heavy-duty aluminum foil with cooking spray.
- Place tomatoes, onion and bell pepper on foil. Wrap foil securely around vegetables. Cover and grill foil packets, seam sides up, 4 to 6 inches from medium heat 6 minutes, turning once.
- While vegetables are grilling, mix green onions, vinegar, thyme, salt and pepper sauce in medium bowl; set aside.
- Spray fish and hinged wire grill basket with cooking spray.
- Place fish in basket; add to grill with vegetables. Cover and grill fish 7 to 8 minutes, turning once, until fish flakes easily with fork.
- Place fish on serving platter; keep warm. Coarsely chop grilled vegetables. Toss vegetables, parsley and green onion mixture; spoon over fish.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:7.34, Inflammation Score:-8, Nutrition Score:17.696956468665%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 174.05kcal (8.7%), Fat: 3.57g (5.49%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 10.08g (3.67%), Sugar: 3.32g (3.68%), Cholesterol: 76.54mg (25.51%), Sodium: 442.5mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.57%), Selenium: 46.9µg (67.01%), Vitamin K: 51.98µg (49.51%), Phosphorus: 467.06mg (46.71%), Vitamin C: 26.87mg (32.57%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Vitamin A: 867.09IU (17.34%), Vitamin B6: 0.31mg (15.37%), Potassium: 523.47mg (14.96%), Manganese: 0.26mg (13.09%), Vitamin B3: 2.38mg (11.9%), Magnesium: 46.88mg (11.72%), Vitamin E: 1.52mg (10.15%), Folate: 32.2µg (8.05%), Fiber: 1.8g (7.21%), Calcium: 60.47mg (6.05%), Vitamin B1: 0.09mg (6.04%), Zinc: 0.86mg (5.76%), Copper: 0.11mg (5.66%), Vitamin B5: 0.51mg (5.09%), Iron: 0.91mg (5.05%), Vitamin B2: 0.07mg (4.01%)