



Grilled Creole Snapper



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings rice hot cooked
- ☐ 1.5 pounds sushi-grade yellowtail flounder red
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 medium bell pepper green cut in half
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1 medium onion cut into fourths
- ☐ 0.3 teaspoon hot sauce red
- ☐ 1.5 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 medium tomatoes

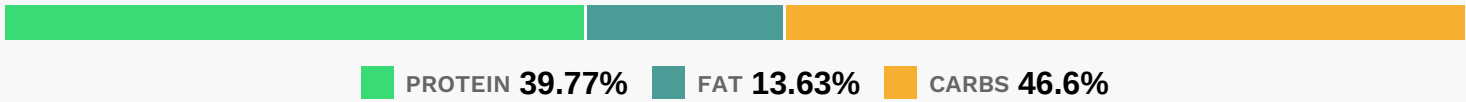
Equipment

- ☐ 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:25.28, Inflammation Score:-8, Nutrition Score:19.414782420449%

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: 250.88kcal (12.54%), Fat: 3.71g (5.71%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 26.53g (9.65%), Sugar: 3.35g (3.72%), Cholesterol: 76.54mg (25.51%), Sodium: 443.07mg (19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Selenium: 51.35µg (73.36%), Vitamin K: 51.98µg (49.51%), Phosphorus: 492.54mg (49.25%), Vitamin C: 26.87mg (32.57%), Vitamin B12: 1.92µg (32.03%), Vitamin D: 4.76µg (31.75%), Manganese: 0.54mg (27.07%), Vitamin B6: 0.36mg (18.13%), Vitamin A: 867.09IU (17.34%), Potassium: 544.21mg (15.55%), Magnesium: 53.99mg (13.5%), Vitamin B3: 2.62mg (13.09%), Vitamin E: 1.55mg (10.3%), Folate: 33.98µg (8.49%), Fiber: 2.04g (8.15%), Copper: 0.15mg (7.7%), Zinc: 1.16mg (7.7%), Vitamin B5: 0.74mg (7.4%), Vitamin B1: 0.1mg (6.83%), Calcium: 66.39mg (6.64%), Iron: 1.03mg (5.71%), Vitamin B2: 0.08mg (4.47%)