



## Grilled Red Snapper in Banana Leaves

 **Gluten Free**  **Dairy Free**

READY IN



**55 min.**

SERVINGS



**55**

CALORIES



**34 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 large banana leaves
- 0.5 cup original barbecue sauce kraft
- 0.3 cup cilantro leaves finely chopped
- 2 slices oscar mayer baked ham cooked finely chopped
- 0.5 cup hearts of palm finely chopped
- 3 oranges divided
- 0.3 cup onions red finely chopped
- 2.5 lb snapper whole red

## Equipment

- bowl
- knife
- grill

## Directions

- Preheat grill to medium-high heat.
- Cut 1 orange into slices; place in the inside cavity of the fish.
- Place fish on banana leaves; brush generously with barbecue sauce on both sides. Wrap fish in leaves.
- Grill fish 35 to 40 min., turning several times, or until cooked through and fish flakes easily with a fork.
- Meanwhile, section remaining oranges by cutting a 1/2-inch thick slice off the top and bottom ends of oranges.
- Cut the peel and the pith away from the fruit with a sharp paring knife, using a downward motion that follows the shape of the orange.
- Cut the orange segments into small cubes; place in a medium bowl.
- Add any juice from oranges, hearts of palm, onions, cilantro and ham.
- Serve fruit salsa with fish.

## Nutrition Facts



## Properties

Glycemic Index:1.85, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:3.1578261074813%

## Flavonoids

Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin:  
0.22mg

## **Nutrients (% of daily need)**

Calories: 33.7kcal (1.69%), Fat: 0.48g (0.73%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 2.53g (0.84%), Net  
Carbohydrates: 2.28g (0.83%), Sugar: 1.93g (2.15%), Cholesterol: 8.26mg (2.75%), Sodium: 52.42mg (2.28%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Vitamin D: 2.11µg (14.07%), Selenium: 8.2µg (11.71%),  
Vitamin B12: 0.63µg (10.42%), Vitamin B6: 0.11mg (5.55%), Vitamin C: 4.39mg (5.32%), Phosphorus: 47.78mg  
(4.78%), Potassium: 148.14mg (4.23%), Magnesium: 8.15mg (2.04%), Vitamin B5: 0.18mg (1.83%), Vitamin E: 0.25mg  
(1.65%), Vitamin B1: 0.02mg (1.59%), Copper: 0.03mg (1.3%), Zinc: 0.19mg (1.26%), Calcium: 10.99mg (1.1%)