

 **73%**
HEALTH SCORE

Grilled Snapper Vera Cruz

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 tablespoons capers drained
- 0.3 cup cooking wine dry white
- 2 cloves garlic finely chopped
- 0.3 cup olives green pitted chopped
- 2 tablespoons olive oil
- 1 large onion finely sliced
- 4 servings salt and pepper freshly ground

- 1 serrano chiles finely chopped
- 4 fillet snapper
- 0.5 teaspoon sugar
- 2 large tomatoes chopped

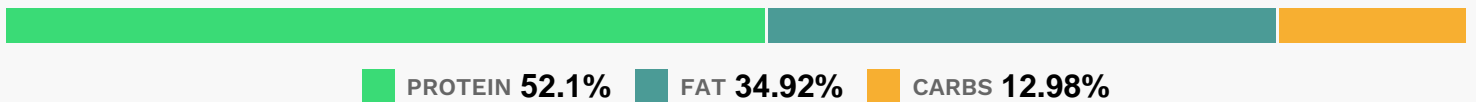
Equipment

- frying pan
- grill

Directions

- Brush the fish with olive oil, season with salt and pepper and grill for 2 minutes on each side.
- Remove and cover.
- Heat olive oil in a non-corrosive saute pan over medium-high heat, add onions and garlic and cook until soft.
- Add wine and reduce.
- Add tomatoes, green olives, capers and pepper, sugar and bay leaf and bring to a boil and cook until thickened. Reduce heat, add grilled fish and cook for 2 minutes.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:24.783043374186%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 15.31mg, Quercetin: 15.31mg, Quercetin: 15.31mg, Quercetin: 15.31mg

Nutrients (% of daily need)

Calories: 293.43kcal (14.67%), Fat: 10.84g (16.68%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 6.84g (2.49%), Sugar: 4.76g (5.29%), Cholesterol: 62.9mg (20.97%), Sodium: 552.33mg (24.01%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 36.4g (72.79%), Vitamin D: 17.34µg (115.6%), Selenium: 65.49µg (93.56%), Vitamin B12: 5.1µg (85%), Vitamin B6: 0.84mg (41.77%), Phosphorus: 375.68mg (37.57%), Potassium: 1005.96mg (28.74%), Vitamin C: 19.29mg (23.38%), Vitamin E: 3.51mg (23.38%), Vitamin A: 993.4IU (19.87%), Magnesium: 72.65mg (18.16%), Vitamin B5: 1.42mg (14.24%), Vitamin K: 13.09µg (12.46%), Manganese: 0.23mg (11.27%), Vitamin B1: 0.14mg (9.08%), Fiber: 2.23g (8.92%), Calcium: 82.75mg (8.27%), Folate: 31.03µg (7.76%), Copper: 0.15mg (7.42%), Zinc: 0.89mg (5.92%), Vitamin B3: 1.16mg (5.82%), Iron: 0.87mg (4.83%), Vitamin B2: 0.04mg (2.59%)