

food
network



HEALTH SCORE

60%

Grilled Snapper with an Herb Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup ice
- ☐ 3 tablespoons olive oil extra virgin divided for garnish
- ☐ 0.3 cup fennel fronds fresh
- ☐ 1 pound fish such as snapper whole
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 0.3 cup parsley leaves fresh
- ☐ 1 juice of lemon

☐ 0.3 cup sorrel leaves fresh

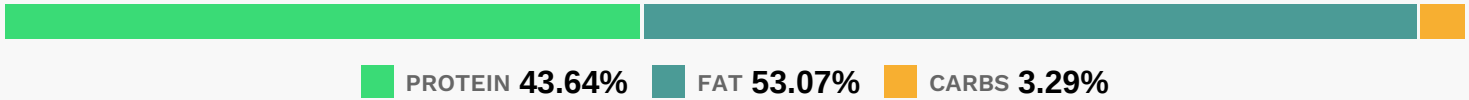
Equipment

- ☐ mixing bowl
- ☐ grill
- ☐ kitchen scale

Directions

- ☐ Preheat grill.
- ☐ Clean and gut fish, remove top and bottom fins, scale and remove gills.
- ☐ Brush with 1 tablespoon olive oil and place on grill and cook until done, about 20 to 25 minutes, turning once.
- ☐ Meanwhile, toss herbs and flowers into a mixing bowl.
- ☐ Add 2 tablespoons olive oil, lemon zest and juice and salt and pepper to taste. Toss and set aside.
- ☐ When fish is done, remove to serving platter, garnish with herb salad and serve with oil and lemon juice.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:15.8795650109%

Flavonoids

Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 209.74kcal (10.49%), Fat: 12.55g (19.3%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.44g (0.49%), Cholesterol: 56.7mg (18.9%), Sodium: 65.34mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.21g (46.42%), Vitamin K: 79.05µg (75.28%), Selenium: 47.47µg (67.81%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.59mg (22.96%), Phosphorus: 202.17mg (20.22%), Vitamin C: 11.78mg (14.28%), Vitamin E: 2.05mg (13.66%), Vitamin A: 637.39IU (12.75%), Potassium: 417.57mg (11.93%), Folate: 46.01µg (11.5%), Magnesium: 40.79mg (10.2%), Vitamin B6: 0.2mg (9.95%), Iron: 1.25mg (6.95%), Vitamin B5: 0.6mg (6.02%), Copper: 0.11mg (5.52%), Manganese: 0.11mg (5.48%), Vitamin B2: 0.09mg (5.19%), Vitamin B1: 0.06mg (3.72%), Zinc: 0.47mg (3.15%), Calcium: 30.03mg (3%), Fiber: 0.59g (2.36%)