



Grilled Snapper with Orange-Tarragon Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons orange-tarragon butter
- ☐ 0.5 teaspoon canola oil
- ☐ 0.1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce yellowtail snapper fillets

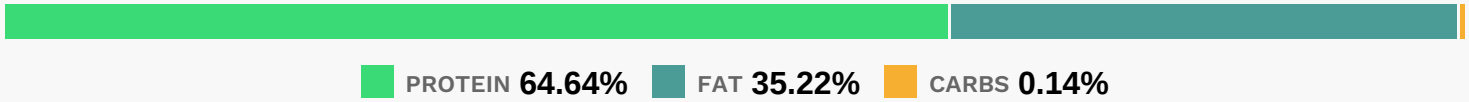
Equipment

- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Brush oil evenly over fish.
- ☐ Sprinkle fish with salt, paprika, and pepper.
- ☐ Place fish on grill rack coated with cooking spray; grill 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Cut butter into 4 equal portions; place one portion on top of each fillet.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:19.31304363712%

Nutrients (% of daily need)

Calories: 225.04kcal (11.25%), Fat: 8.47g (13.03%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0.01g (0.01%), Cholesterol: 77.99mg (26%), Sodium: 444.61mg (19.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.96g (69.92%), Vitamin D: 17.35µg (115.67%), Selenium: 65.05µg (92.94%), Vitamin B12: 5.11µg (85.25%), Vitamin B6: 0.68mg (34.11%), Phosphorus: 338.77mg (33.88%), Potassium: 713.3mg (20.38%), Magnesium: 54.8mg (13.7%), Vitamin B5: 1.29mg (12.86%), Vitamin E: 1.9mg (12.68%), Vitamin A: 386.36IU (7.73%), Calcium: 56.71mg (5.67%), Vitamin B1: 0.08mg (5.26%), Zinc: 0.62mg (4.15%), Vitamin C: 2.72mg (3.3%), Vitamin B3: 0.49mg (2.47%), Copper: 0.05mg (2.46%), Folate: 8.76µg (2.19%), Iron: 0.33mg (1.83%), Manganese: 0.03mg (1.59%), Vitamin K: 1.17µg (1.11%)