



 **95%**
HEALTH SCORE

Grilled Spanish-Style Snapper with Tomato and Green Olive Salsa

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

READY IN



25 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black ()
- 1 handful cilantro leaves finely chopped
- 1 teaspoon coarse salt ()
- 1 teaspoon coriander ()
- 1.5 teaspoons cumin ()
- 4 servings serving suggestion: green beans with toasted almonds and sangria.
- 12 large olives green coarsely chopped

- 1 juice of lime juiced
- 4 servings olive oil extra-virgin for drizzling
- 3 plum tomatoes seeded chopped
- 0.5 small onion red chopped
- 1 teaspoon pepper flakes red crushed
- 32 ounce snapper fillet red
- 1.5 teaspoons paprika sweet ()

Equipment

- bowl
- grill
- grill pan

Directions

- Preheat grill pan or indoor electric grill to medium high heat.
- Drizzle snapper with extra-virgin olive oil.
- Combine spices in a small bowl. Rub fish with spice mixture. Cook fish 5 minutes skin side down first. Turn fish and cook 5 to 6 minutes longer.
- Combine salsa ingredients in a small bowl and allow it to marinate until ready to serve.
- To serve, plate spiced snapper with a generous serving of salsa. Sangria makes a wonderful beverage for this meal.

Nutrition Facts

PROTEIN 47.76% **FAT 43.02%** **CARBS 9.22%**

Properties

Glycemic Index:56.75, Glycemic Load:1.95, Inflammation Score:-9, Nutrition Score:32.180869786636%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg,

Naringenin: 0.34mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 408.71kcal (20.44%), Fat: 19.47g (29.95%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 6.01g (2.19%), Sugar: 3.93g (4.37%), Cholesterol: 83.91mg (27.97%), Sodium: 930.97mg (40.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.63g (97.25%), Vitamin D: 23.13µg (154.22%), Selenium: 87.37µg (124.81%), Vitamin B12: 6.8µg (113.4%), Vitamin B6: 1.08mg (53.86%), Vitamin K: 54.71µg (52.11%), Phosphorus: 495.61mg (49.56%), Vitamin E: 5.59mg (37.29%), Potassium: 1258.72mg (35.96%), Vitamin A: 1674.28IU (33.49%), Vitamin C: 21.38mg (25.92%), Magnesium: 100.94mg (25.23%), Vitamin B5: 1.93mg (19.29%), Manganese: 0.33mg (16.64%), Fiber: 3.38g (13.51%), Vitamin B1: 0.19mg (12.48%), Calcium: 122.49mg (12.25%), Iron: 2.13mg (11.84%), Folate: 42.39µg (10.6%), Copper: 0.18mg (8.81%), Vitamin B3: 1.57mg (7.83%), Zinc: 1.17mg (7.8%), Vitamin B2: 0.1mg (5.69%)