



Grilled Whole Fish with Roasted Tomato-Chile Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 12 6-inch diameter warm corn tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 teaspoon mexican oregano dried

- ☐ 3 pound snapper whole red cleaned
- ☐ 1.5 teaspoons sea salt fine
- ☐ 3 serrano chiles stemmed
- ☐ 2 pounds tomatoes ripe
- ☐ 0.3 cup onion white coarsely chopped

Equipment

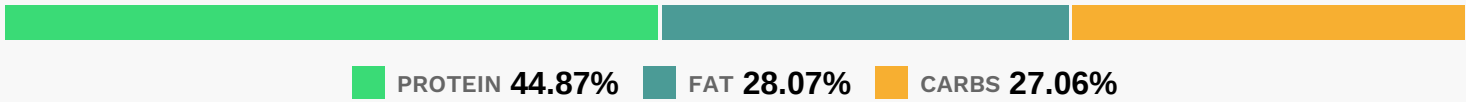
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula

Directions

- ☐ Line heavy large skillet with foil.
- ☐ Place tomatoes and chiles in skillet; cook over medium-high heat until skins begin to blister and blacken in spots, turning occasionally, about 20 minutes for tomatoes and 10 minutes for chiles.
- ☐ Remove from heat and cool slightly. Peel tomatoes; transfer to processor.
- ☐ Add chiles, onion, and garlic. Blend until coarse puree forms.
- ☐ Transfer sauce to bowl. Stir in cilantro, parsley, and salt. (Can be prepared 4 hours ahead. Cover and chill.)
- ☐ Prepare barbecue (medium-high heat) or preheat broiler. Rinse fish inside and out with cold water; pat dry. Open fish flat, like a book. Rub fish inside and out with oil; sprinkle inside with oregano, salt, and pepper. If grilling, place fish, opened flat, in grill basket. If broiling, place fish, opened flat, on oiled rimmed baking sheet. Grill or broil fish just until opaque in center, about 6 minutes per side.
- ☐ Using spatula, transfer fish to platter.

Sprinkle with lime juice; serve with tomato sauce and warm corn tortillas.

Nutrition Facts



Properties

Glycemic Index:53.63, Glycemic Load:17.84, Inflammation Score:-10, Nutrition Score:44.584347704182%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 686.15kcal (34.31%), Fat: 21.31g (32.79%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 37.94g (13.8%), Sugar: 7.35g (8.17%), Cholesterol: 125.87mg (41.96%), Sodium: 1138.65mg (49.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.65g (153.31%), Vitamin D: 34.7µg (231.33%), Selenium: 135.14µg (193.05%), Vitamin B12: 10.21µg (170.1%), Phosphorus: 983.23mg (98.32%), Vitamin B6: 1.78mg (89.21%), Potassium: 2158.7mg (61.68%), Vitamin C: 42.34mg (51.32%), Vitamin A: 2455.42IU (49.11%), Vitamin K: 51.47µg (49.02%), Vitamin E: 7.32mg (48.82%), Magnesium: 194.85mg (48.71%), Fiber: 8.3g (33.21%), Manganese: 0.65mg (32.47%), Vitamin B5: 2.89mg (28.9%), Vitamin B1: 0.33mg (21.89%), Calcium: 212.51mg (21.25%), Copper: 0.37mg (18.69%), Vitamin B3: 3.63mg (18.15%), Zinc: 2.72mg (18.14%), Folate: 61.51µg (15.38%), Iron: 2.56mg (14.2%), Vitamin B2: 0.12mg (6.97%)