



Grilled Whole Snapper

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bread crumbs dry
- ☐ 2 cloves garlic minced
- ☐ 4 servings lemon wedges for serving
- ☐ 3 tablespoons olive oil
- ☐ 2.5 pound snappers whole red cleaned
- ☐ 2 large sprigs rosemary plus 1 tablespoon rosemary dried fresh crumbled chopped
- ☐ 1 teaspoon salt

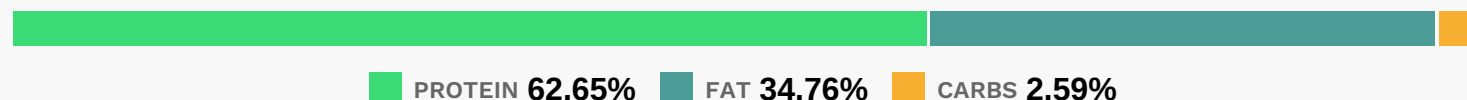
Equipment

- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Light the grill. Rinse the fish; dry the surfaces and cavities thoroughly.
- ☐ Cut shallow incisions in a crisscross pattern, about 1 inch apart, in each side of both fish. Season each fish cavity with 1/8 teaspoon of the salt. Put a rosemary sprig in each cavity or rub with 1/2 teaspoon dried rosemary. Rub the surface of both fish using 2 tablespoons of the oil, the garlic, the chopped fresh or remaining 1 teaspoon dried rosemary, and the remaining 3/4 teaspoon salt.
- ☐ Sprinkle the bread crumbs on both sides of each fish.
- ☐ Drizzle both sides with the remaining tablespoon oil.
- ☐ Put the fish in a grill basket or onto a very clean grill rack. Cook over moderately high heat for 7 minutes. Turn and grill until golden and just done, about 7 minutes longer.
- ☐ Remove the fish carefully so it doesn't stick.
- ☐ Serve the fish on a platter. Run a knife between the flesh and the bones and lift off the fillet. Turn the fish over and repeat. Repeat with the other fish. Pass lemon wedges.
- ☐ Roasted Whole Snapper: Purchase one three-and-a-half-pound snapper instead of two smaller ones. Prepare the fish in the same manner through Step 1, using one-quarter teaspoon salt and both sprigs or one teaspoon rosemary in the cavity.
- ☐ Heat the oven to 450 instead of lighting the grill.
- ☐ Put the fish on a rack in a roasting pan; cook until just done, about twenty minutes. No need to turn the fish while cooking.
- ☐ Wine Recommendation: Snapper is a delicate fish, and though grilling adds some stronger flavors, you'll be best off with a fairly neutral but crisp white. Orvieto Classico strikes the perfect balance.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:25.7760870975%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 388.88kcal (19.44%), Fat: 14.45g (22.23%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.19g (0.22%), Cholesterol: 104.89mg (34.96%), Sodium: 781.62mg (33.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.59g (117.17%), Vitamin D: 28.92µg (192.78%), Selenium: 109.15µg (155.92%), Vitamin B12: 8.51µg (141.89%), Vitamin B6: 1.16mg (57.86%), Phosphorus: 567.94mg (56.79%), Potassium: 1195.17mg (34.15%), Vitamin E: 4.24mg (28.26%), Magnesium: 92.37mg (23.09%), Vitamin B5: 2.15mg (21.51%), Vitamin B1: 0.16mg (10.55%), Calcium: 99.37mg (9.94%), Zinc: 1.08mg (7.19%), Vitamin C: 5.56mg (6.74%), Vitamin K: 6.8µg (6.47%), Vitamin A: 302.42IU (6.05%), Vitamin B3: 0.98mg (4.91%), Copper: 0.09mg (4.57%), Manganese: 0.09mg (4.38%), Folate: 17.16µg (4.29%), Iron: 0.74mg (4.12%), Vitamin B2: 0.02mg (1.21%)