



Gulf Snapper with Avocado-Tomatillo Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings avocado-tomatillo sauce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings garnishes: lime wedges
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings citrus quinoa
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce snapper fillets

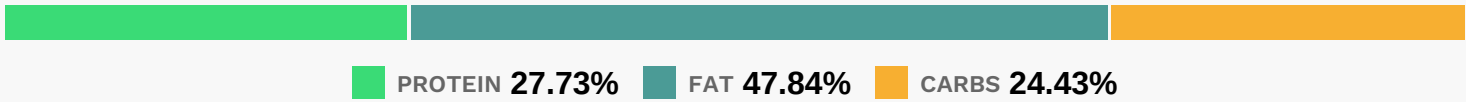
Equipment

☐ frying pan

Directions

- ☐ Season fillets with salt and pepper; drizzle with olive oil. Marinate 20 minutes.
- ☐ Heat a nonstick pan over medium-high heat until hot.
- ☐ Add fish; saut 2 to 3 minutes on each side or until flesh is opaque and flakes with a fork.
- ☐ Top with Avocado-Tomatillo Sauce.
- ☐ Garnish, if desired.
- ☐ Serve with Citrus Quinoa.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:37.990000040635%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 619.33kcal (30.97%), Fat: 33.28g (51.2%), Saturated Fat: 4.8g (30.03%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 28.25g (10.27%), Sugar: 0.68g (0.75%), Cholesterol: 62.94mg (20.98%), Sodium: 263.82mg (11.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.4g (86.8%), Vitamin D: 17.35µg (115.67%), Selenium: 69.3µg (99%), Vitamin B12: 5.1µg (85.05%), Phosphorus: 599.39mg (59.94%), Vitamin B6: 1.16mg (58.11%), Manganese: 1.12mg (55.78%), Vitamin E: 6.77mg (45.15%), Magnesium: 174.33mg (43.58%), Folate: 174.25µg (43.56%), Potassium: 1456.13mg (41.6%), Fiber: 9.98g (39.92%), Vitamin B5: 3.02mg (30.24%), Vitamin K: 29.51µg (28.1%), Copper: 0.51mg (25.57%), Vitamin B1: 0.31mg (20.75%), Zinc: 2.68mg (17.88%), Iron: 3.05mg (16.96%), Vitamin B2: 0.28mg (16.58%), Vitamin C: 13.01mg (15.77%), Vitamin B3: 2.93mg (14.63%), Calcium: 89.16mg (8.92%), Vitamin A: 333.93IU (6.68%)