



HEALTH SCORE

93%

Herb-Stuffed Red Snapper



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 teaspoon olive oil extravirgin



4 large basil leaves fresh



4 slices optional: lemon



4 lemon wedges



3 mint sprigs



3 parsley sprigs



4 pound snapper whole red cleaned



1 teaspoon salt divided

☐ 2 thyme sprigs

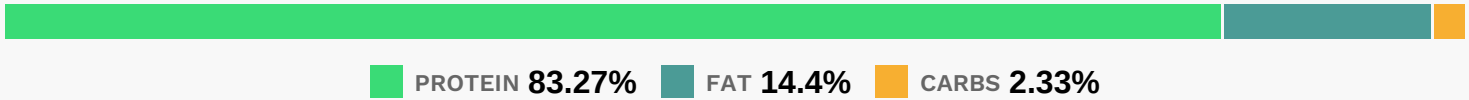
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare grill.
- ☐ Score fish by making 3 diagonal cuts on each side.
- ☐ Lay 1 (18 x 12inch) sheet of foil flat on a work surface, and coat with cooking spray.
- ☐ Place fish in center of sheet; rub oil in fish cavity.
- ☐ Sprinkle 1/2 teaspoon salt in fish cavity; sprinkle remaining 1/2 teaspoon salt evenly on both sides of fish.
- ☐ Place lemon slices and next 4 ingredients (through thyme) in fish cavity. Wrap fish in foil, twisting ends to seal; place fish on grill rack. Grill 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Discard lemon slices and herbs.
- ☐ Serve fish with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.45, Inflammation Score:-9, Nutrition Score:33.589130199474%

Flavonoids

Eriodictyol: 5.57mg, Eriodictyol: 5.57mg, Eriodictyol: 5.57mg, Eriodictyol: 5.57mg Hesperetin: 7.05mg, Hesperetin: 7.05mg, Hesperetin: 7.05mg, Hesperetin: 7.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.67mg, Apigenin: 1.67mg, Apigenin: 1.67mg, Apigenin: 1.67mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 471.07kcal (23.55%), Fat: 7.18g (11.04%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.63g (0.7%), Cholesterol: 167.83mg (55.94%), Sodium: 872.9mg (37.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 93.4g (186.8%), Vitamin D: 46.27µg (308.44%), Selenium: 173.38µg (247.68%), Vitamin B12: 13.61µg (226.8%), Vitamin B6: 1.84mg (91.92%), Phosphorus: 903.85mg (90.38%), Potassium: 1938.76mg (55.39%), Magnesium: 149.2mg (37.3%), Vitamin B5: 3.46mg (34.58%), Vitamin E: 4.54mg (30.3%), Vitamin C: 22.62mg (27.41%), Calcium: 157.61mg (15.76%), Vitamin B1: 0.22mg (14.69%), Vitamin K: 15.02µg (14.3%), Vitamin A: 626.2IU (12.52%), Zinc: 1.68mg (11.19%), Copper: 0.14mg (7.23%), Folate: 27.92µg (6.98%), Vitamin B3: 1.35mg (6.74%), Iron: 1.16mg (6.45%), Manganese: 0.09mg (4.56%), Fiber: 0.86g (3.44%), Vitamin B2: 0.02mg (1.41%)