



Italian Red Snapper



Gluten Free



Dairy Free



Very Healthy

READY IN



36 min.

SERVINGS



4

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce snapper fillets red

☐ 0.3 teaspoon salt

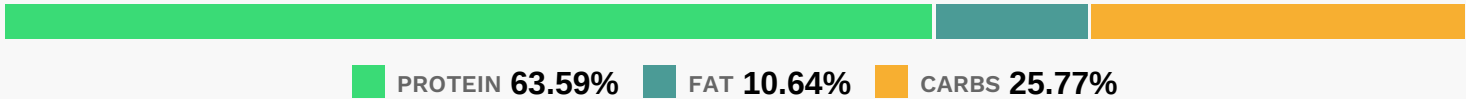
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place fish in an 11- x 7- x 1 1/2-inch baking dish.
- ☐ Combine wine and next 6 ingredients, stirring well.
- ☐ Pour wine mixture and tomato over fish.
- ☐ Bake, uncovered, at 350 for 25 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:2.46, Inflammation Score:-7, Nutrition Score:19.580869571022%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 167.68kcal (8.38%), Fat: 1.88g (2.89%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 7.99g (2.91%), Sugar: 5.09g (5.66%), Cholesterol: 41.96mg (13.99%), Sodium: 355.16mg (15.44%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 25.26g (50.52%), Vitamin D: 11.57µg (77.11%), Selenium: 44.41µg (63.45%), Vitamin B12: 3.4µg (56.7%), Vitamin B6: 0.66mg (33.21%), Phosphorus: 266.83mg (26.68%), Potassium: 820.49mg (23.44%), Vitamin C: 18.11mg (21.96%), Vitamin E: 2.46mg (16.39%), Manganese: 0.31mg (15.67%), Magnesium: 61.79mg (15.45%), Copper: 0.24mg (11.89%), Vitamin B5: 1.19mg (11.86%), Iron: 1.86mg (10.34%), Vitamin B1: 0.14mg (9.36%), Vitamin K: 9.57µg (9.12%), Fiber: 2.25g (8.99%), Calcium: 86.36mg (8.64%),

Vitamin B3: 1.65mg (8.24%), Vitamin A: 348.2IU (6.96%), Folate: 23.32µg (5.83%), Zinc: 0.76mg (5.09%), Vitamin B2: 0.07mg (3.98%)