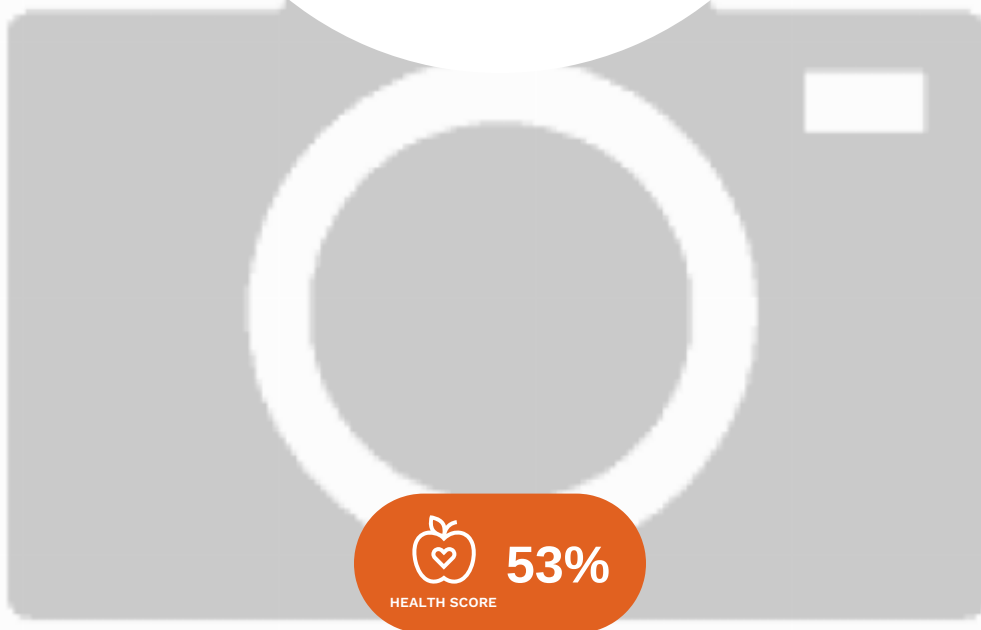




Jamaican Fried Snapper



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



1

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 allspice berry
- ☐ 1 pinch brown sugar
- ☐ 0.5 large carrots peeled cut into thin strips
- ☐ 1 sprig thyme leaves fresh
- ☐ 0.1 teaspoon garlic minced
- ☐ 0.3 habanero pepper minced seeded
- ☐ 1.5 pound snapper whole red cleaned
- ☐ 0.8 teaspoon salt

- ☐ 1 serving salt and pepper black freshly ground to taste
- ☐ 1 teaspoon vegetable oil
- ☐ 1 tablespoon water
- ☐ 0.5 onion white sliced
- ☐ 0.3 cup vinegar white

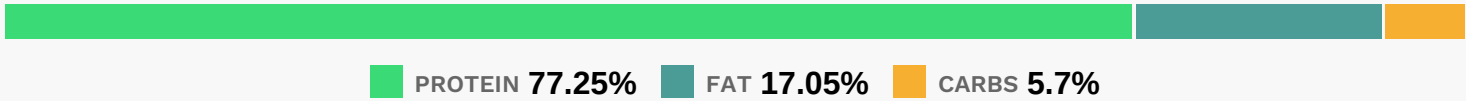
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pat the fish dry and cut 3 small slits on each side of the fish. Season both sides with salt and pepper.
- ☐ Heat 1 quart oil in a large skillet over medium-high heat until smoking. Carefully place the fish in the pan and fry until browned and crisp, about 5 minutes per side.
- ☐ Remove fish and place on a paper towel-lined plate.
- ☐ Heat 1 teaspoon oil in a large skillet over medium-high heat. Stir onion, garlic and carrot into the pan; cook and stir 1 to 2 minutes.
- ☐ Add thyme, allspice, habanero pepper, vinegar, water, salt, and sugar and continue cooking until onions have softened and liquid has reduced, about 5 minutes.
- ☐ Serve fish topped with onion mixture spooned over the top.

Nutrition Facts



Properties

Glycemic Index:275.83, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:44.716956833135%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Apigenin: 0.03mg, Apigenin: 0.03mg,

Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg
Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg,
Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:
0.05mg, Myricetin: 0.05mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 775.53kcal (38.78%), Fat: 13.8g (21.23%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 10.37g (3.46%),
Net Carbohydrates: 8.19g (2.98%), Sugar: 5.26g (5.84%), Cholesterol: 251.74mg (83.91%), Sodium: 2209.31mg
(96.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 140.63g (281.26%), Vitamin D: 69.4µg (462.66%),
Selenium: 260.63µg (372.32%), Vitamin B12: 20.41µg (340.19%), Vitamin B6: 2.86mg (142.97%), Phosphorus:
1381.29mg (138.13%), Vitamin A: 6808.82IU (136.18%), Potassium: 3053.2mg (87.23%), Magnesium: 230.96mg
(57.74%), Vitamin B5: 5.28mg (52.84%), Vitamin E: 7.17mg (47.81%), Vitamin C: 22.42mg (27.17%), Calcium:
254.04mg (25.4%), Vitamin B1: 0.37mg (24.37%), Zinc: 2.67mg (17.82%), Manganese: 0.29mg (14.67%), Vitamin K:
14.61µg (13.92%), Folate: 52.44µg (13.11%), Copper: 0.25mg (12.39%), Vitamin B3: 2.41mg (12.05%), Iron: 1.71mg
(9.49%), Fiber: 2.18g (8.72%), Vitamin B2: 0.06mg (3.76%)