



Lemon Provencal Baked Snapper



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups couscous cooked
- ☐ 0.5 small fennel bulb divided thinly sliced
- ☐ 8 slices optional: lemon fresh
- ☐ 0.5 cup olive-caper simmer sauce
- ☐ 0.5 small onion red divided thinly sliced
- ☐ 8 thyme sprigs fresh
- ☐ 24 ounce tuna fillets red

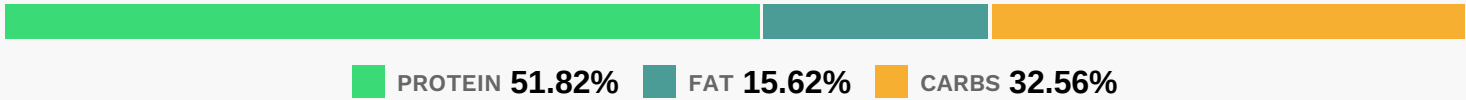
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place 4 (12- x 7-inch) rectangular pieces of parchment paper on a baking sheet.
- ☐ Divide half of fennel and red onion evenly among parchment pieces. Top fennel and red onion with fish, remaining fennel and red onion, 2 lemon slices, 2 tablespoons sauce, and 2 tarragon sprigs; fold up, and crimp parchment paper to form a tight pouch.
- ☐ Bake fish, in middle of oven, until cooked through (about 15 minutes).
- ☐ Place parchment packets on serving plates; open carefully to release steam.
- ☐ Serve fish alongside the couscous.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:12.8, Inflammation Score:-7, Nutrition Score:25.474782757137%

Flavonoids

Eriodictyol: 3.31mg, Eriodictyol: 3.31mg, Eriodictyol: 3.31mg, Eriodictyol: 3.31mg Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 307.01kcal (15.35%), Fat: 5.25g (8.07%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 21.27g (7.73%), Sugar: 2.25g (2.5%), Cholesterol: 62.94mg (20.98%), Sodium: 393.32mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.16g (78.32%), Selenium: 87.13µg (124.48%), Vitamin D: 17.35µg (115.67%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.82mg (40.77%), Phosphorus: 381.85mg (38.18%), Potassium: 982.81mg (28.08%), Magnesium: 76.97mg (19.24%), Vitamin C: 15.67mg (18.99%), Vitamin K: 18.91µg (18.01%), Vitamin E: 2.57mg (17.14%), Vitamin B5: 1.68mg (16.82%), Manganese: 0.33mg (16.26%), Fiber: 3.34g

(13.35%), Calcium: 113.4mg (11.34%), Vitamin B1: 0.15mg (10.07%), Folate: 38.32µg (9.58%), Iron: 1.66mg (9.22%), Vitamin B3: 1.69mg (8.45%), Vitamin A: 373.17IU (7.46%), Copper: 0.14mg (7.17%), Zinc: 0.99mg (6.61%), Vitamin B2: 0.07mg (4.13%)