



 **67%**
HEALTH SCORE

Mediterranean Snapper

 **Gluten Free**  **Very Healthy**

READY IN



29 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups bell pepper strips yellow (1 large)
- 0.5 cup cooking wine dry white
- 2 cups fennel bulb thinly sliced (1 medium)
- 3.5 ounce feta cheese with basil and tomato crumbled reduced-fat
- 2 tablespoons basil fresh chopped
- 1 pint grape tomatoes
- 1 optional: lemon thinly sliced
- 1 tablespoon olive oil

- 2.3 ounce olives ripe drained sliced canned
- 2 cups onion red sliced (1 large)
- 24 ounce snapper white red firm
- 0.5 teaspoon greek seasoning

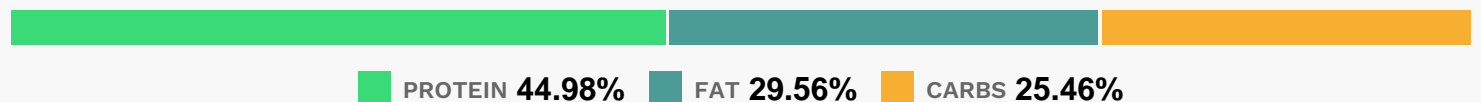
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add fennel, onion, and bell pepper; saut 5 minutes or until tender.
- Add tomatoes, olives, basil, and wine.
- Sprinkle fish with Greek seasoning; arrange fish in pan, nestling into vegetables.
- Layer lemon slices over fish. Bring mixture to a simmer; cover and simmer 10 minutes or until fish flakes easily when tested with a fork.
- Sprinkle with feta; serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.38, Glycemic Load:4.26, Inflammation Score:-9, Nutrition Score:30.580434778462%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 6.24mg, Eriodictyol: 6.24mg, Eriodictyol: 6.24mg, Eriodictyol: 6.24mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 17.83mg, Quercetin: 17.83mg, Quercetin: 17.83mg, Quercetin: 17.83mg

Nutrients (% of daily need)

Calories: 384.15kcal (19.21%), Fat: 12.55g (19.3%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 18.22g (6.62%), Sugar: 10.18g (11.31%), Cholesterol: 98.34mg (32.78%), Sodium: 593.67mg (25.81%), Alcohol: 3.09g (100%), Alcohol %: 0.7% (100%), Protein: 42.97g (85.93%), Vitamin C: 127.29mg (154.29%), Selenium: 72.26µg (103.22%), Vitamin K: 49.8µg (47.42%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 8.26mg (41.31%), Phosphorus: 385.51mg (38.55%), Potassium: 1265.66mg (36.16%), Vitamin D: 5.27µg (35.15%), Vitamin B6: 0.61mg (30.72%), Manganese: 0.52mg (26.2%), Folate: 103.51µg (25.88%), Vitamin A: 1270.24IU (25.4%), Fiber: 6.11g (24.43%), Magnesium: 89.14mg (22.28%), Vitamin E: 2.86mg (19.07%), Copper: 0.35mg (17.26%), Iron: 2.57mg (14.28%), Vitamin B5: 1.29mg (12.87%), Vitamin B1: 0.18mg (12.32%), Vitamin B2: 0.19mg (11.28%), Calcium: 103.33mg (10.33%), Zinc: 1.15mg (7.65%)