



Mina's Baked Snapper



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 head fennel bulb paper thin sliced chopped
- ☐ 2 jalapeños seeded chopped
- ☐ 1 cup gaeta olives
- ☐ 1 bunch oregano fresh
- ☐ 1 pound sea bass whole

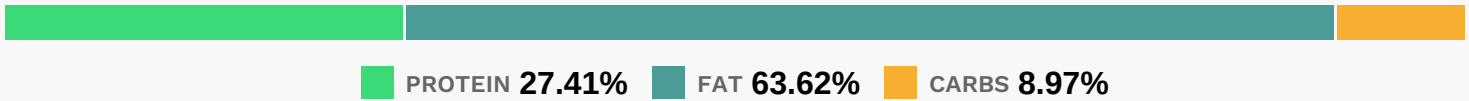
Equipment

- ☐ oven
- ☐ kitchen scale

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Clean and gut fish, remove top and bottom fins, scale and remove gills. Stand fish up in a shallow casserole, just large enough to hold the fish.
- ☐ Pour wine over fish and add olives, jalapenos, tomato sauce, fennel and oregano.
- ☐ Drizzle fish with olive oil, place in oven and cook until just cooked through, about 20 to 25 minutes.
- ☐ Remove, sprinkle with fennel fronds and serve immediately.
- ☐ (An excellent contorno for this dish would be tiny potatoes, roasted with garlic and rosemary.)

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:17.671304225922%

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: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 328.12kcal (16.41%), Fat: 21.96g (33.78%), Saturated Fat: 3.26g (20.34%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 3.74g (1.36%), Sugar: 3.07g (3.41%), Cholesterol: 90.72mg (30.24%), Sodium: 637.22mg (27.71%), Alcohol: 3.09g (100%), Alcohol %: 1.52% (100%), Protein: 21.29g (42.57%), Vitamin B12: 4.33µg (72.2%), Selenium: 42.17µg (60.25%), Vitamin K: 48.61µg (46.29%), Phosphorus: 262.72mg (26.27%), Vitamin E: 3.94mg (26.25%), Vitamin B6: 0.43mg (21.25%), Vitamin C: 15.33mg (18.58%), Potassium: 588.61mg (16.82%), Magnesium:

63.74mg (15.94%), Vitamin B3: 2.97mg (14.85%), Fiber: 3.23g (12.92%), Vitamin B5: 1.03mg (10.32%), Iron: 1.81mg (10.08%), Manganese: 0.18mg (9.16%), Vitamin B1: 0.13mg (8.74%), Vitamin A: 392.8IU (7.86%), Folate: 29.8µg (7.45%), Calcium: 70.9mg (7.09%), Copper: 0.12mg (6.01%), Zinc: 0.64mg (4.24%), Vitamin B2: 0.07mg (3.87%)