



## Mushroom Stuffed Baked Red Snapper

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



2286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black freshly ground
- 0.5 cup bread crumbs soft
- 4 tablespoons butter divided ()
- 8 ounce water chestnuts drained chopped canned
- 0.5 cup celery finely chopped
- 0.5 cup cooking wine dry white
- 1 eggs lightly beaten
- 8 ounce mushrooms fresh canned

- 5 tablespoons onion divided minced
- 1 tablespoon freshly parsley leaves chopped
- 4 servings salt
- 5 pound oven ready snappers whole red cleaned
- 1 tablespoon soya sauce
- 0.8 cup water

## Equipment

- frying pan
- oven
- toothpicks
- skewers

## Directions

- Preheat oven to 350 degrees F.
- Rinse, pat dry, and finely chop 1/4 pound mushrooms. Quarter remaining mushrooms or drain canned mushrooms. Set aside.
- In a small skillet, melt 2 tablespoons butter; add celery and 3 tablespoons of the onion.
- Saute for 5 minutes.
- Combine sauteed celery mixture with mushrooms, water chestnuts, bread crumbs, egg, soy sauce, parsley, and salt and pepper.
- Mix well and spoon into fish cavities. Secure openings with skewers or toothpicks.
- Sprinkle both sides of each fish with salt and pepper.
- Place in a large backing dish. Dot with remaining 2 tablespoons of butter, 2 tablespoons onion, the wine, and water.
- Bake uncovered for 45 to 50 minutes. Baste occasionally. Test with a fork. When fish flakes, it's done.

## Nutrition Facts



■ PROTEIN 13.34% ■ FAT 9.12% ■ CARBS 77.54%

## Properties

Glycemic Index:58.75, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:16.845652134522%

## 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 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: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

## Nutrients (% of daily need)

Calories: 2285.76kcal (114.29%), Fat: 23.56g (36.24%), Saturated Fat: 7.76g (48.49%), Carbohydrates: 450.48g (150.16%), Net Carbohydrates: 426.35g (155.04%), Sugar: 15.41g (17.12%), Cholesterol: 324.12mg (108.04%), Sodium: 674.16mg (29.31%), Alcohol: 3.09g (100%), Alcohol %: 0.47% (100%), Protein: 77.47g (154.95%), Fiber: 24.14g (96.54%), Potassium: 1785.3mg (51.01%), Vitamin B2: 0.38mg (22.47%), Vitamin K: 22.51µg (21.44%), Selenium: 13µg (18.57%), Vitamin B3: 3.55mg (17.77%), Manganese: 0.35mg (17.33%), Copper: 0.34mg (16.89%), Vitamin B6: 0.28mg (14.23%), Vitamin B1: 0.2mg (13.65%), Phosphorus: 131.83mg (13.18%), Vitamin B5: 1.31mg (13.15%), Iron: 2.21mg (12.31%), Folate: 44.34µg (11.09%), Vitamin A: 550.98IU (11.02%), Zinc: 1.09mg (7.26%), Magnesium: 25.6mg (6.4%), Vitamin E: 0.94mg (6.29%), Vitamin C: 4.97mg (6.03%), Calcium: 54.13mg (5.41%), Vitamin B12: 0.19µg (3.19%), Vitamin D: 0.33µg (2.22%)