



Mutton Snapper with Italian Flavors



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 4 large garlic cloves minced
- ☐ 1 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup onion minced
- ☐ 0.3 cup oregano fresh chopped
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 8 servings garnishes: parsley italian

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 6 pound mutton snapper whole

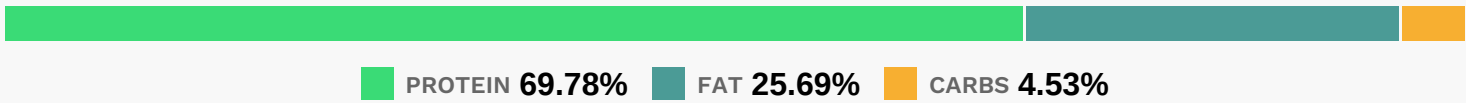
Equipment

- ☐ grill

Directions

- ☐ Make 2 (1/2-inch-deep) diagonal cuts on each side of fish. Arrange fish in a large shallow dish.
- ☐ Combine lemon juice and remaining ingredients. Set aside half of mixture to serve as a sauce with fish.
- ☐ Brush inside of each fish with 1 tablespoon of lemon mixture.
- ☐ Pour remaining mixture over fish. Cover and chill 30 minutes, turning fish once.
- ☐ Remove fish from marinade, reserving marinade; place fish in 2 lightly greased grill baskets.
- ☐ Grill, covered with grill lid, over high heat (400 to 50
- ☐ to 17 minutes on each side or until fish flakes with a fork, basting often with reserved marinade. On serving platter, tuck parsley and oregano around fish and surround with lemon wedges, if desired.
- ☐ Serve immediately with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:34.891304031662%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 417.39kcal (20.87%), Fat: 11.51g (17.71%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 3.49g (1.27%), Sugar: 1.11g (1.23%), Cholesterol: 125.87mg (41.96%), Sodium: 367.68mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.38g (140.75%), Vitamin D: 34.7µg (231.33%), Selenium: 130.3µg (186.15%), Vitamin B12: 10.21µg (170.1%), Vitamin K: 113.44µg (108.04%), Vitamin B6: 1.42mg (71.09%), Phosphorus: 686.01mg (68.6%), Potassium: 1518.76mg (43.39%), Vitamin C: 26.07mg (31.6%), Vitamin E: 4.61mg (30.74%), Magnesium: 119.25mg (29.81%), Vitamin B5: 2.65mg (26.47%), Vitamin A: 923.34IU (18.47%), Calcium: 148.66mg (14.87%), Vitamin B1: 0.18mg (11.81%), Manganese: 0.19mg (9.43%), Folate: 37.12µg (9.28%), Iron: 1.66mg (9.24%), Zinc: 1.38mg (9.18%), Copper: 0.13mg (6.47%), Vitamin B3: 1.16mg (5.82%), Fiber: 1.08g (4.33%), Vitamin B2: 0.03mg (1.9%)