



Native Snapper with Banana-Citrus Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium bananas cubed
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup macadamia nuts
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice fresh

- ☐ 1 teaspoon orange rind grated
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds yellowtail snapper fillets
- ☐ 1 tablespoon white wine

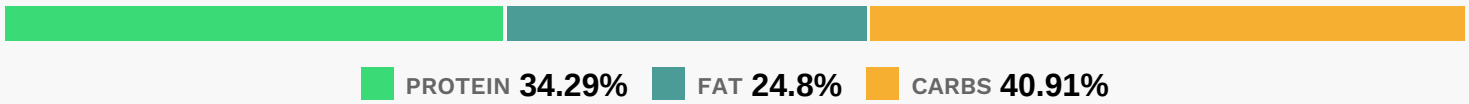
Equipment

- ☐ frying pan

Directions

- ☐ Heat skillet over medium heat.
- ☐ Add macadamia nuts, and cook until slightly browned and nuts become fragrant.
- ☐ Remove from pan and let cool; chop coarsely, and set aside.
- ☐ Combine flour, paprika, salt, and pepper. Dredge snapper fillets in flour mixture to coat.
- ☐ Heat olive oil in a large skillet over medium-high heat. Cook fillets 6 to 7 minutes per side or until golden.
- ☐ Remove from pan; transfer to plate, and keep warm.
- ☐ Reduce heat to medium.
- ☐ Add wine or sherry; cook, scraping any bits from the bottom of the pan. Stir in orange rind and next 4 ingredients.
- ☐ Add bananas. Simmer 2 minutes or until slightly thickened.
- ☐ Pour sauce over fillets, and sprinkle with macadamia nuts.

Nutrition Facts



Properties

Glycemic Index:67.19, Glycemic Load:24.73, Inflammation Score:-7, Nutrition Score:29.180000160051%

Flavonoids

Catechin: 3.63mg, Catechin: 3.63mg, Catechin: 3.63mg, Catechin: 3.63mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 465.54kcal (23.28%), Fat: 12.76g (19.63%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 43.91g (15.97%), Sugar: 15.09g (16.77%), Cholesterol: 62.94mg (20.98%), Sodium: 403.96mg (17.56%), Alcohol: 0.39g (100%), Alcohol %: 0.16% (100%), Protein: 39.69g (79.38%), Vitamin D: 17.35µg (115.67%), Selenium: 76.62µg (109.45%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.96mg (48.12%), Phosphorus: 405.88mg (40.59%), Manganese: 0.78mg (39.02%), Vitamin B1: 0.46mg (30.71%), Potassium: 1055.63mg (30.16%), Vitamin C: 19.38mg (23.49%), Magnesium: 93.17mg (23.29%), Folate: 85.27µg (21.32%), Vitamin B5: 1.74mg (17.42%), Vitamin E: 2.43mg (16.2%), Vitamin B3: 3.08mg (15.38%), Fiber: 3.45g (13.78%), Iron: 2.46mg (13.68%), Vitamin B2: 0.23mg (13.52%), Copper: 0.22mg (11.14%), Vitamin A: 498.57IU (9.97%), Calcium: 79.66mg (7.97%), Zinc: 1.08mg (7.18%), Vitamin K: 3.3µg (3.15%)