



# Nut-crusted Yellowtail Snapper with Mango-Butter Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 servings rice hot cooked
- 1 large eggs
- 0.5 cup flour all-purpose
- 4 servings green onions sliced
- 1 cup macadamia nuts
- 4 servings mango-butter sauce

- 0.3 cup olive oil divided
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.5 teaspoon salt
- 24 ounce yellowtail snapper fillets white firm

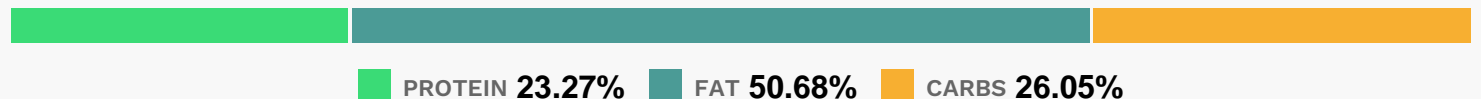
## Equipment

- food processor
- bowl
- frying pan
- whisk

## Directions

- Pulse nuts in a food processor until finely ground.
- Add panko, and pulse until combined.
- Place mixture in a shallow bowl.
- Place flour in a shallow dish.
- Whisk egg in a medium bowl.
- Sprinkle fish with salt and pepper. Dredge in flour, shake off excess, and dip in egg. Dredge fish in nut mixture, coating completely.
- Heat 2 tablespoons oil in a large, heavy skillet over medium heat.
- Add 2 fillets; cook 3 minutes on each side or until golden. (If nuts brown too quickly, reduce heat.) Repeat with remaining 2 tablespoons oil and fish. Divide rice and fish fillets among 4 serving plates. Top with Mango-Butter Sauce, and sprinkle with green onions.

## Nutrition Facts



## Properties

Glycemic Index:77.44, Glycemic Load:32.89, Inflammation Score:-7, Nutrition Score:35.200869311457%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## **Nutrients (% of daily need)**

Calories: 769.5kcal (38.48%), Fat: 43.54g (66.98%), Saturated Fat: 7.05g (44.06%), Carbohydrates: 50.36g (16.79%), Net Carbohydrates: 45.87g (16.68%), Sugar: 2.87g (3.18%), Cholesterol: 109.44mg (36.48%), Sodium: 531.14mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.98g (89.97%), Selenium: 85.07µg (121.53%), Vitamin D: 17.6µg (117.33%), Manganese: 2.05mg (102.69%), Vitamin B12: 5.27µg (87.78%), Vitamin B1: 0.77mg (51.39%), Phosphorus: 502.67mg (50.27%), Vitamin B6: 0.9mg (44.87%), Magnesium: 120.37mg (30.09%), Potassium: 943.7mg (26.96%), Vitamin E: 3.99mg (26.57%), Vitamin B5: 2.19mg (21.89%), Copper: 0.43mg (21.66%), Vitamin K: 22.04µg (20.99%), Iron: 3.55mg (19.72%), Fiber: 4.5g (17.99%), Vitamin B3: 3.59mg (17.97%), Folate: 69.37µg (17.34%), Vitamin B2: 0.27mg (15.87%), Calcium: 132.9mg (13.29%), Zinc: 1.95mg (13%), Vitamin A: 319.13IU (6.38%), Vitamin C: 4.62mg (5.59%)