






 **52%**  
HEALTH SCORE

# Pan-fried Red Snapper Fillet with Corn Cream Creole Sauce

 **Gluten Free**

READY IN  
  
**50 min.**

SERVINGS  
  
**4**

CALORIES  
  
**640 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 1 bay leaf
- 1 tablespoon butter softened
- 2 tablespoons achiote oil
- 2 chile peppers sweet finely chopped (Serrano or Anaheim)
- 4 servings coriander seeds crushed lightly toasted for garnish
- 2 teaspoons cornstarch
- 0.5 cup evaporated milk

- 1 cup fish stock
- 2 sprigs cilantro leaves fresh for garnish
- 4 cups regular corn fresh
- 2 cloves garlic finely chopped
- 4 tablespoons olive oil
- 2 tablespoons onions finely chopped
- 3 tablespoons pasilla peppers green red finely chopped
- 4 servings salt and pepper
- 2 pounds snapper fillet fresh red cut into 4 pieces
- 1 small tomatoes peeled seeded chopped
- 1 tablespoon water

## Equipment

- frying pan
- sauce pan
- whisk
- sieve
- blender

## Directions

- In a large saucepan, heat the achiote oil over medium heat.
- Add the onions, bell peppers, tomato, chile peppers, garlic, cilantro, bay leaf, salt, and pepper, and stir-fry for about 4 minutes.
- Add the corn and fish stock and cook over medium heat for about 6 minutes.
- Remove from the heat and let cool slightly.
- Transfer to a blender process until smooth on high speed.\*
- Pour the sauce through a fine strainer into a saucepan, add the evaporated milk, and warm over low heat.
- Dilute the cornstarch with 1 tablespoon water.

- Add to the saucepan, mix well, and incorporate the butter with a whisk. Taste for seasoning and and cook for about 5 minutes. Keep warm.
- Generously season both sides of the fish with salt and pepper. In a large nonstick skillet, heat the oil over high heat. When oil is hot, place the fillets in the skillet, skin side down, and cook for 3 minutes, without turning. Flip onto other side and cook for about 2 minutes.
- Remove from heat to a platter.
- Spoon the warm sauce in the center of each dinner plate. Top with a fish portion.
- Garnish with cilantro sprigs and the toasted and crushed coriander seeds.

## Nutrition Facts

**PROTEIN 33.99%**

**FAT 43.9%**

**CARBS 22.11%**

### Properties

Glycemic Index:58, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:38.164347731549%

### Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

### Nutrients (% of daily need)

Calories: 640.36kcal (32.02%), Fat: 31.94g (49.13%), Saturated Fat: 6.93g (43.28%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 31.99g (11.63%), Sugar: 14.49g (16.1%), Cholesterol: 100.57mg (33.52%), Sodium: 615.82mg (26.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.64g (111.27%), Vitamin D: 23.16µg (154.43%), Selenium: 89.34µg (127.63%), Vitamin B12: 6.92µg (115.35%), Phosphorus: 686.25mg (68.62%), Vitamin C: 56.5mg (68.49%), Vitamin B6: 1.24mg (61.92%), Potassium: 1656.68mg (47.33%), Vitamin E: 6.08mg (40.51%), Magnesium: 147.41mg (36.85%), Vitamin B5: 3.04mg (30.39%), Vitamin B1: 0.38mg (25.41%), Vitamin A: 1183.02IU (23.66%), Vitamin B3: 4.61mg (23.04%), Vitamin K: 23.59µg (22.47%), Folate: 88.32µg (22.08%), Manganese: 0.4mg (20.13%), Calcium: 195.25mg (19.53%), Fiber: 4.21g (16.85%), Vitamin B2: 0.24mg (14.06%), Zinc: 1.98mg (13.18%), Copper: 0.25mg (12.25%), Iron: 1.98mg (11.01%)