



Pan-Grilled Snapper with Orzo Pasta Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2.5 tablespoons olive oil extra-virgin
- ☐ 2 teaspoons orange juice
- ☐ 1.5 cups orzo pasta) (rice-shaped uncooked
- ☐ 24 ounce snapper fillets red

- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 tablespoons shallots minced

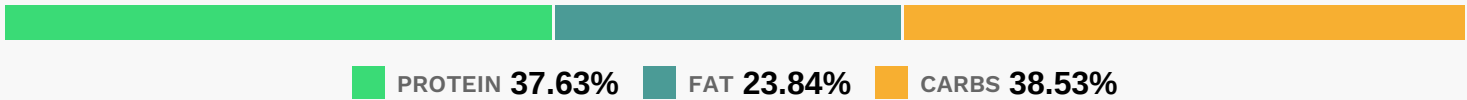
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and keep warm.
- ☐ Heat a grill pan over medium–high heat; coat pan with cooking spray.
- ☐ Sprinkle fish evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, shallots, and next 4 ingredients in a small bowl, stirring well. Slowly add oil, stirring constantly with a whisk.
- ☐ Drizzle shallot mixture over pasta; toss well to coat.
- ☐ For baby: Omit black pepper. Shred the fish into bite–sized pieces.
- ☐ Serve fish and a spoonful of orzo mixture in a small bowl or on a rimmed plate.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:17.25, Inflammation Score:-6, Nutrition Score:25.346521792204%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 462.67kcal (23.13%), Fat: 11.95g (18.39%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 41.41g (15.06%), Sugar: 2.21g (2.46%), Cholesterol: 62.94mg (20.98%), Sodium: 417.95mg (18.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.45g (84.9%), Selenium: 101.01µg (144.3%), Vitamin D: 17.35µg (115.67%), Vitamin B12: 5.1µg (85.05%), Phosphorus: 448.38mg (44.84%), Vitamin B6: 0.78mg (38.92%), Manganese: 0.57mg (28.67%), Potassium: 867.35mg (24.78%), Magnesium: 86.96mg (21.74%), Vitamin K: 22.15µg (21.1%), Vitamin E: 2.98mg (19.84%), Vitamin B5: 1.55mg (15.5%), Copper: 0.22mg (11%), Zinc: 1.45mg (9.63%), Vitamin B1: 0.14mg (9.24%), Vitamin C: 7.56mg (9.16%), Fiber: 2.06g (8.23%), Vitamin B3: 1.49mg (7.43%), Calcium: 71.23mg (7.12%), Iron: 1.24mg (6.88%), Folate: 23.33µg (5.83%), Vitamin A: 273.49IU (5.47%), Vitamin B2: 0.04mg (2.54%)