



Pan-Roasted Snapper Fillets with Sun-Dried Tomatoes and Garlic



Gluten Free



Dairy Free



Very Healthy

READY IN



31 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 6 garlic cloves sliced
- ☐ 0.5 cup sun-dried tomatoes in olive oil sliced

- ☐ 0.8 teaspoon orange zest
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.8 teaspoon salt
- ☐ 3 shallots sliced
- ☐ 2 pound skin-on yellowtail snapper fillets (at least)

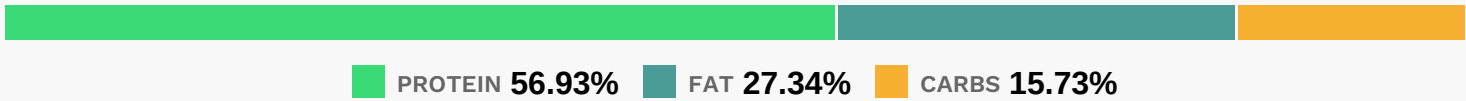
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 37
- ☐ Drain sun-dried tomatoes, reserving 1 tablespoon oil.
- ☐ Heat 2 tablespoons olive oil and reserved sun-dried tomato oil in a saucepan over medium-high heat.
- ☐ Add shallots and red pepper; cook, stirring occasionally, 2 to 3 minutes or until shallots are tender.
- ☐ Add garlic, and cook, stirring often, 1 minute or just until garlic starts to brown. Stir in sun-dried tomatoes, parsley, and next 3 ingredients; cook, stirring often, 1 minute. Set aside, and keep warm.
- ☐ Sprinkle snapper fillets with salt and pepper.
- ☐ Place fillets in skillet, skin sides up, and cook 2 minutes or until lightly browned. Turn fillets, and bake 15 to 18 minutes or until fish flakes easily with a fork. Top with reserved sauce mixture.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:31.653478311456%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 364.91kcal (18.25%), Fat: 10.53g (16.2%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 11.06g (4.02%), Sugar: 7.29g (8.1%), Cholesterol: 83.91mg (27.97%), Sodium: 604.37mg (26.28%), Alcohol: 2.06g (100%), Alcohol %: 0.88% (100%), Protein: 49.35g (98.71%), Vitamin D: 23.13µg (154.22%), Selenium: 88.31µg (126.16%), Vitamin B12: 6.8µg (113.4%), Vitamin K: 60.09µg (57.23%), Vitamin B6: 1.09mg (54.47%), Phosphorus: 522.51mg (52.25%), Potassium: 1535.88mg (43.88%), Magnesium: 108.5mg (27.12%), Manganese: 0.46mg (22.8%), Vitamin E: 3.27mg (21.8%), Vitamin B5: 2.09mg (20.94%), Vitamin C: 16.42mg (19.91%), Copper: 0.3mg (14.87%), Vitamin B1: 0.2mg (13.44%), Vitamin A: 653.43IU (13.07%), Iron: 2.29mg (12.73%), Calcium: 111.03mg (11.1%), Fiber: 2.58g (10.34%), Vitamin B3: 2.04mg (10.18%), Zinc: 1.28mg (8.56%), Folate: 32.12µg (8.03%), Vitamin B2: 0.09mg (5.31%)