



Pan Seared Red Snapper Escabeche



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoon apple-cider vinegar
- ☐ 2 bay leaves whole
- ☐ 1 cup chicken stock see
- ☐ 2 servings coarse salt
- ☐ 2 servings corn tortillas
- ☐ 0.3 teaspoon marjoram dried
- ☐ 3 clove garlic peeled roughly chopped
- ☐ 0.3 cup olive oil

- ☐ 2 servings parsley as garnish
- ☐ 0.1 teaspoon pepper freshly ground

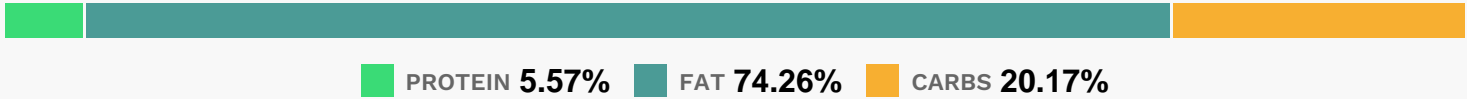
Equipment

- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ In a large, well-seasoned cast-iron or nonstick skillet, heat ¼ cup oil over medium-high heat. Pat fish dry. Cook the fish, undisturbed until brown and no longer sticking to the pan, 3 to 4 minutes. Turn, and cook until second side is brown and fish flakes, 2 to 3 minutes more.
- ☐ Remove to a plate, and set aside. Discard oil from pan.Reduce heat to medium, and add remaining tablespoon oil. When hot, add onions, carrots, and garlic. Cook, stirring frequently, until onions are translucent and carrots are almost soft, about 5 minutes. Meanwhile, combine cloves and black pepper in a mortar and pestle or in a spice grinder, and process until coarsely ground.
- ☐ Add to vegetables, along with stock, vinegar, bay leaves, oregano, marjoram and cinnamon. Cover, and simmer over medium-low heat for 15 minutes. Season with salt, and stir in jalapeno strips. Cover until ready to proceed.Arrange fish on a serving platter, and spoon escabeche over top. As it comes to room temperature the fish and vegetables will absorb much of the liquid. It may be served now, but it is even better if it is covered and refrigerated overnight. Bring it back to room temperature before serving.
- ☐ Garnish with sprigs of oregano and parsley and serve with warm corn tortillas and avocado slices.

Nutrition Facts



Properties

Glycemic Index:92.25, Glycemic Load:5.56, Inflammation Score:-4, Nutrition Score:10.106521606445%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 350.52kcal (17.53%), Fat: 29.25g (45%), Saturated Fat: 4.24g (26.51%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 15.95g (5.8%), Sugar: 2.27g (2.52%), Cholesterol: 3.6mg (1.2%), Sodium: 381.44mg (16.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Vitamin K: 82.45µg (78.53%), Vitamin E: 4.03mg (26.88%), Phosphorus: 124.79mg (12.48%), Vitamin B3: 2.37mg (11.87%), Manganese: 0.23mg (11.45%), Vitamin B6: 0.19mg (9.59%), Vitamin C: 7.02mg (8.51%), Fiber: 1.93g (7.71%), Vitamin B2: 0.13mg (7.56%), Vitamin A: 349.36IU (6.99%), Selenium: 4.89µg (6.99%), Magnesium: 27.78mg (6.94%), Potassium: 228.21mg (6.52%), Copper: 0.13mg (6.39%), Iron: 1.14mg (6.36%), Vitamin B1: 0.08mg (5.27%), Calcium: 41.4mg (4.14%), Zinc: 0.62mg (4.1%), Folate: 13.75µg (3.44%)