



WHATSheATE



HEALTH SCORE

70%

Pan-Seared Snapper with Fennel-Olive Topping



Gluten Free



Dairy Free



Very Healthy

READY IN



19 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black freshly ground



3.5 cups fennel bulb thinly sliced



2 tablespoons juice of lemon fresh



3 tablespoons olive tapenade refrigerated



0.5 cup onion thinly sliced



24 ounce fish fillet white red firm



0.5 teaspoon salt

☐ 1 large tomatoes chopped

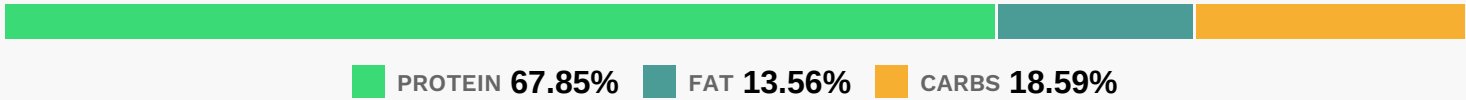
Equipment

☐ frying pan

Directions

- ☐ Sprinkle fillets evenly with salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat; coat pan and fillets with cooking spray.
- ☐ Add fish to pan, skin sides up. Cook 3 minutes or until lightly browned.
- ☐ Remove from pan.
- ☐ Coat pan with cooking spray.
- ☐ Add fennel and onion; saut 3 minutes.
- ☐ Add tomato, tapenade, and lemon juice; stir well. Return fillets to pan, nestling them into fennel mixture. Cover and cook 7 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Spoon fennel mixture over fillets to serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.33, Inflammation Score:-7, Nutrition Score:22.373043661532%

Flavonoids

Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 205.05kcal (10.25%), Fat: 3.18g (4.89%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 6.49g (2.36%), Sugar: 5.23g (5.81%), Cholesterol: 85.05mg (28.35%), Sodium: 421.9mg (18.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.52%), Selenium: 71.75µg (102.5%), Vitamin K: 54.07µg

(51.49%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.43mg (37.14%), Vitamin D: 5.27µg (35.15%), Phosphorus: 344.75mg (34.47%), Potassium: 975.33mg (27.87%), Vitamin C: 19.75mg (23.94%), Vitamin B6: 0.38mg (18.78%), Folate: 73.52µg (18.38%), Magnesium: 66.54mg (16.64%), Manganese: 0.3mg (15.18%), Fiber: 3.3g (13.2%), Vitamin B5: 1.08mg (10.82%), Copper: 0.22mg (10.78%), Vitamin A: 482.56IU (9.65%), Iron: 1.69mg (9.41%), Vitamin E: 1.38mg (9.23%), Vitamin B2: 0.15mg (8.64%), Vitamin B1: 0.11mg (7.02%), Calcium: 64.64mg (6.46%), Zinc: 0.83mg (5.54%)