

 88%
HEALTH SCORE

Pan-Seared Snapper with Garlic-Herb Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



21 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons olive oil divided
- ☐ 1 tablespoon oregano fresh minced
- ☐ 0.5 teaspoon salt divided

- ☐ 24 ounce snapper fillets
- ☐ 1 tablespoon water

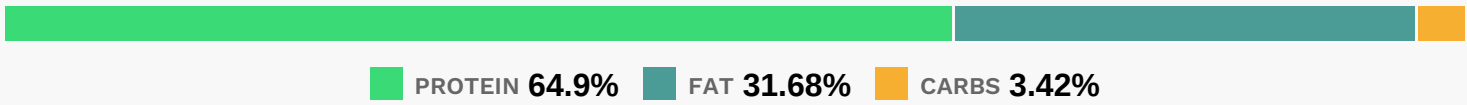
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine lemon juice, water, garlic, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl; stir with a whisk. Gradually whisk in 1 tablespoon oil. Stir in parsley and oregano; set aside.
- ☐ Sprinkle fillets with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add fillets; cook 5 to 6 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Transfer fish to serving plates; drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.13, Inflammation Score:-9, Nutrition Score:21.674782592317%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 223.57kcal (11.18%), Fat: 7.62g (11.72%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.26g (0.29%), Cholesterol: 62.94mg (20.98%), Sodium: 400.96mg (17.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.26%), Vitamin D: 17.35µg (115.67%), Selenium: 65.16µg (93.09%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.71mg (35.39%), Phosphorus: 341.36mg (34.14%), Vitamin K: 27.92µg (26.59%), Potassium: 744.76mg (21.28%), Vitamin E: 2.64mg (17.59%), Magnesium: 59.42mg (14.85%), Vitamin B5: 1.31mg (13.09%), Vitamin C: 7.22mg (8.75%), Calcium: 79.03mg (7.9%), Manganese: 0.13mg (6.61%), Vitamin A: 287.69IU (5.75%), Vitamin B1: 0.08mg (5.66%), Iron: 0.9mg (5.02%), Zinc: 0.67mg (4.49%), Folate: 14.55µg (3.64%), Copper: 0.06mg (3.23%), Vitamin B3: 0.57mg (2.85%), Fiber: 0.67g (2.66%)