



WHATSheATE



## Panfried Red Snapper with Chipotle Butter

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 tablespoon chipotle chiles in adobo plus 2 teaspoons adobo sauce canned finely chopped (from can)
- ☐ 0.3 cup flour all-purpose
- ☐ 4 servings accompaniment: lime wedges
- ☐ 4 fillet snapper red with skin (1 1/2 lb total)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted softened
- ☐ 3 tablespoons vegetable oil

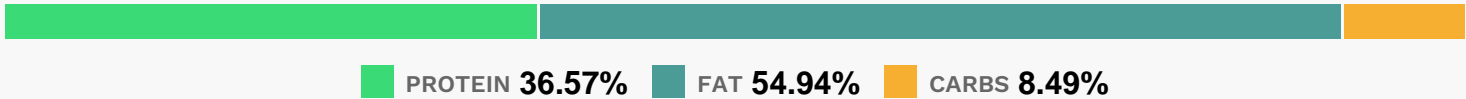
### Equipment

- ☐ frying pan
- ☐ spatula

## Directions

- ☐ Mash together butter, chipotles to taste, adobo sauce, and salt with a fork until blended.
- ☐ Pat fish dry and cut each fillet in half crosswise, then season with salt and pepper.
- ☐ Spread flour on a plate and dredge fish, knocking off excess.
- ☐ Heat 1 1/2 tablespoons oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then panfry fish, skin sides up first, in batches, turning over once, until browned and just cooked through, 4 to 6 minutes.
- ☐ Transfer as cooked with a slotted spatula to plates and add more oil to skillet as needed. Top fish with dollops of chipotle butter.

## Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:21.978695713955%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 401.36kcal (20.07%), Fat: 24.09g (37.06%), Saturated Fat: 9.34g (58.4%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.88g (2.86%), Sugar: 0.18g (0.2%), Cholesterol: 93.4mg (31.13%), Sodium: 401.29mg (17.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.14%), Vitamin D: 17.55µg (117.02%), Selenium: 68.62µg (98.03%), Vitamin B12: 5.12µg (85.4%), Phosphorus: 351.43mg (35.14%), Vitamin B6: 0.69mg (34.27%), Potassium: 724.53mg (20.7%), Vitamin K: 19.96µg (19.01%), Vitamin E: 2.8mg (18.69%), Magnesium: 57.04mg (14.26%), Vitamin B5: 1.34mg (13.38%), Vitamin B1: 0.16mg (10.73%), Vitamin A: 535.34IU (10.71%), Folate: 28.07µg (7.02%), Calcium: 59.88mg (5.99%), Vitamin B3: 1.11mg (5.53%), Manganese: 0.09mg (4.73%), Iron: 0.85mg (4.71%), Zinc: 0.7mg (4.66%), Vitamin C: 3.01mg (3.65%), Vitamin B2: 0.06mg (3.62%), Copper: 0.07mg (3.29%), Fiber: 0.5g (1.99%)