



HEALTH SCORE

91%

Pargo con Salsa de Perejil (Snapper in Parsley Sauce)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bottled clam juice
- ☐ 2 cups parsley leaves fresh
- ☐ 3 garlic cloves
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup onion chopped
- ☐ 24 ounce snapper white red firm
- ☐ 0.8 teaspoon salt

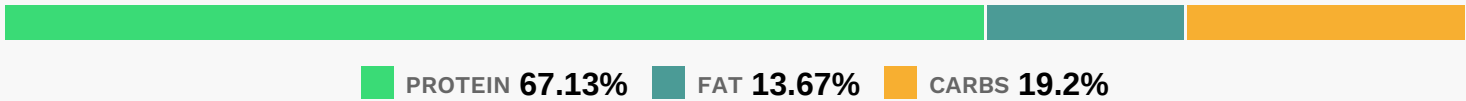
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 400
- ☐ Arrange the red snapper fillets in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Place parsley and remaining ingredients in a blender or food processor; process until smooth.
- ☐ Pour sauce over fish.
- ☐ Bake at 400 for 18 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.33, Inflammation Score:-10, Nutrition Score:27.587826003199%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 4.5mg, Myricetin: 4.5mg, Myricetin: 4.5mg, Myricetin: 4.5mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 209.52kcal (10.48%), Fat: 3.24g (4.99%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 8.38g (3.05%), Sugar: 3.08g (3.42%), Cholesterol: 85.05mg (28.35%), Sodium: 650.47mg (28.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.84g (71.68%), Vitamin K: 494.62µg (471.07%), Selenium: 71.78µg (102.54%), Vitamin C: 47.29mg (57.32%), Vitamin A: 2576.02IU (51.52%), Vitamin B12: 2.7µg

(44.94%), Vitamin B3: 7.17mg (35.87%), Vitamin D: 5.27µg (35.15%), Phosphorus: 325.91mg (32.59%), Folate: 97.21µg (24.3%), Potassium: 782.5mg (22.36%), Vitamin B6: 0.4mg (19.97%), Magnesium: 67.58mg (16.89%), Iron: 2.99mg (16.61%), Manganese: 0.21mg (10.6%), Vitamin B5: 1.04mg (10.45%), Copper: 0.21mg (10.28%), Vitamin B2: 0.15mg (9.09%), Vitamin B1: 0.13mg (8.44%), Calcium: 75.37mg (7.54%), Fiber: 1.87g (7.46%), Zinc: 1.01mg (6.71%), Vitamin E: 0.96mg (6.43%)