



Red Snapper and Dumplings

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup water
- 1.5 teaspoons curry powder
- 0.5 teaspoon garlic powder
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 pounds snapper whole red
- 2 teaspoons lawry's seasoned salt

- 0.5 teaspoon garlic powder
- 0.8 cup vegetable oil
- 2 cups water
- 1 cup tomatoes chopped
- 1 cup bell pepper chopped
- 0.5 cup onion chopped
- 2 tablespoons butter
- 2 teaspoons salt
- 1.5 teaspoons curry powder
- 0.5 teaspoon ground coriander
- 0.5 teaspoon pepper
- 0.3 teaspoon ground cumin
- 2 cloves garlic finely chopped
- 5 allspice whole
- 4 bay leaves dried
- 2.8 cups frangelico

Equipment

- bowl
- frying pan
- paper towels
- pot
- plastic wrap
- slotted spoon

Directions

- In large bowl, stir all Dumpling ingredients except for 1/2 teaspoon of the salt and the oil until dough forms.
- Place dough on surface sprinkled with Bisquick mix. Knead 10 times.

- Roll dough about 1/8 inch thick; cut into 1x3/4-inch rectangles.
- Fill 5-quart or larger pot two-thirds full of water.
- Heat to boiling; stir in 1 tablespoon of the oil and remaining 1/2 teaspoon salt.
- Place half of the rectangles in boiling water, adding 1 or 2 at a time and stirring gently to keep separated; gently boil uncovered 20 minutes.
- Remove with slotted spoon; gently toss with half of the remaining 1 tablespoon oil. Repeat with remaining half of rectangles. Cover dumplings loosely with plastic wrap; set aside.
- Wash fish; pat dry with paper towel. Stir together seasoned salt and garlic powder; rub mixture on outside and inside of fish. In 12- to 14-inch heavy skillet, heat oil over medium-high heat. Cook fish in oil 8 minutes, turning once, until fish flakes easily with fork and is medium dark brown on both sides.
- Remove fish; drain oil from skillet.
- Heat same skillet over high heat; place fish in skillet. When fish begins to sizzle, add all remaining ingredients.
- Heat to boiling, stirring occasionally. Spoon mixture in skillet over fish; reduce heat to low. Cover and simmer 35 minutes, occasionally spooning sauce over fish. Spoon cooked dumplings into sauce in skillet.
- Heat to boiling; reduce heat to low. Cover and simmer 15 minutes.
- Remove bay leaves.

Nutrition Facts

 **PROTEIN 29.49%**  **FAT 60.72%**  **CARBS 9.79%**

Properties

Glycemic Index:57.75, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:23.566086966058%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 333.2kcal (16.66%), Fat: 22.66g (34.87%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 5.75g (2.09%), Sugar: 3.47g (3.86%), Cholesterol: 41.96mg (13.99%), Sodium: 3058.98mg (133%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.53%), Vitamin D: 11.57µg (77.11%), Vitamin C: 56.9mg (68.97%), Selenium: 44.21µg (63.16%), Vitamin B12: 3.41µg (56.82%), Vitamin A: 1873.69IU (37.47%), Vitamin B6: 0.67mg (33.43%), Vitamin K: 34.85µg (33.19%), Phosphorus: 263.89mg (26.39%), Vitamin E: 3.67mg (24.46%), Potassium: 724.48mg (20.7%), Manganese: 0.31mg (15.68%), Magnesium: 55.81mg (13.95%), Vitamin B5: 1.05mg (10.54%), Fiber: 2.46g (9.86%), Folate: 35.29µg (8.82%), Calcium: 72.84mg (7.28%), Vitamin B1: 0.11mg (7.21%), Iron: 1.27mg (7.06%), Copper: 0.13mg (6.29%), Vitamin B3: 1.02mg (5.12%), Zinc: 0.75mg (5%), Vitamin B2: 0.06mg (3.51%)