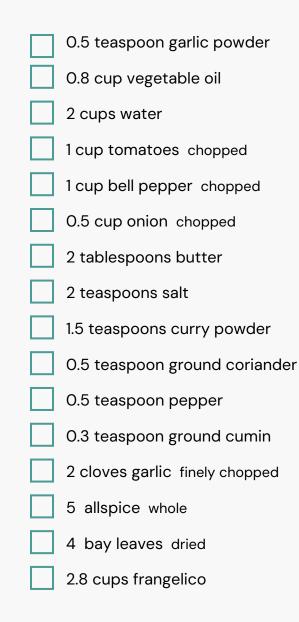


Red Snapper and Dumplings

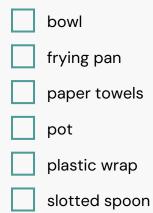


Ingredients

- 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



Equipment



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	

Properties

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

PROTEIN 29.49% 📕 FAT 60.72% 📒 CARBS 9.79%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg,

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 %: O% (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: O.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: O.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: O.11mg (7.21%), Iron: 1.27mg (7.06%), Copper: O.13mg (6.29%), Vitamin B3: 1.02mg (5.12%), Zinc: O.75mg (5%), Vitamin B2: 0.06mg (3.51%)