



Red Snapper and Dumplings

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

READY IN



100 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper chopped
- 2 tablespoons butter
- 1.5 teaspoons curry powder
- 4 bay leaves dried
- 2 cloves garlic finely chopped
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground cumin

- 0.5 cup onion chopped
- 0.5 teaspoon pepper
- 1 pounds snapper whole red
- 1 teaspoon salt
- 2 teaspoons salt
- 2 teaspoons lawry's seasoned salt
- 1 cup tomatoes chopped
- 0.8 cup vegetable oil
- 2 tablespoons vegetable oil
- 0.5 cup water
- 2 cups water
- 5 allspice whole
- 2.8 cups frangelico
- 2.8 cups frangelico

Equipment

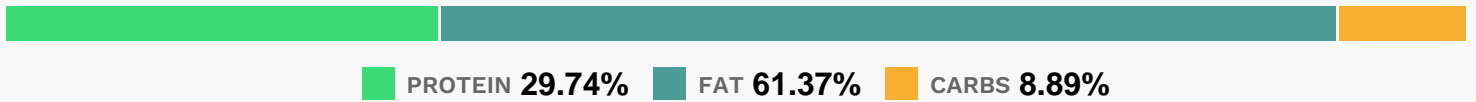
- bowl
- frying pan
- paper towels
- pot
- plastic wrap
- slotted spoon

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



Properties

Glycemic Index:47.25, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:22.960869633633%

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: 328.89kcal (16.44%), Fat: 22.55g (34.69%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 5.23g (1.9%), Sugar: 3.44g (3.82%), Cholesterol: 41.96mg (13.99%), Sodium: 3058.32mg (132.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.58g (49.17%), Vitamin D: 11.57µg (77.11%), Vitamin

C: 56.81mg (68.86%), Selenium: 43.98µg (62.83%), Vitamin B12: 3.41µg (56.82%), Vitamin A: 1864.93IU (37.3%), Vitamin B6: 0.65mg (32.66%), Vitamin K: 33.69µg (32.09%), Phosphorus: 259.32mg (25.93%), Vitamin E: 3.5mg (23.33%), Potassium: 705.11mg (20.15%), Magnesium: 53.19mg (13.3%), Manganese: 0.25mg (12.29%), Vitamin B5: 1.05mg (10.47%), Folate: 33.92µg (8.48%), Fiber: 2.12g (8.47%), Vitamin B1: 0.1mg (6.95%), Calcium: 67.86mg (6.79%), Copper: 0.11mg (5.72%), Iron: 1mg (5.57%), Vitamin B3: 0.99mg (4.96%), Zinc: 0.71mg (4.7%), Vitamin B2: 0.06mg (3.32%)