



HEALTH SCORE

69%

Red Snapper Baked in Salt with Romesco Sauce



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 1 ancho chile dried
- ☐ 6 pounds coarse kosher salt
- ☐ 3 garlic cloves
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion unpeeled ()
- ☐ 1 teaspoon pimentón sweet (see note below)

- ☐ 3 large plum tomatoes
- ☐ 2 large bell peppers red
- ☐ 4 pound snappers whole red
- ☐ 2 tablespoons sherry wine vinegar
- ☐ 3 cups water
- ☐ 1 slice wheat bread toasted cut into 1/2-inch cubes (1/2 cup)

Equipment

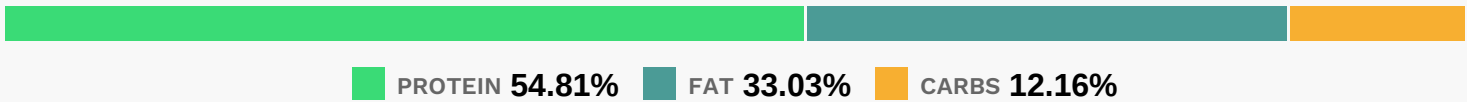
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ pastry brush

Directions

- ☐ Preheat oven to 400°F. Toss tomatoes, bell peppers, and onion in small baking dish with 2 tablespoons olive oil. Roast until partially charred, turning every 15 minutes, about 45 minutes. Cover with foil; let stand 15 minutes.
- ☐ Meanwhile, heat 1 tablespoon olive oil in small skillet over medium-high heat.
- ☐ Add chile; fry until darkened and slightly puffed, turning once, about 30 seconds.
- ☐ Transfer to small bowl.
- ☐ Add enough hot water to cover.
- ☐ Let stand 30 minutes.
- ☐ Peel and seed ancho chile, tomatoes, and bell peppers; place in blender. Peel onion; coarsely chop and add to blender.
- ☐ Heat 1 tablespoon olive oil in small skillet over medium-high heat.

- ☐ Add almonds; sauté until lightly toasted, about 1 minute.
- ☐ Transfer to blender.
- ☐ Add 1/4 cup extra-virgin olive oil, garlic, vinegar, bread, and paprika to blender; blend to coarse puree.
- ☐ Transfer to bowl; season with salt. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.)
- ☐ Preheat oven to 450°F.
- ☐ Place 1 fish in each of two 13x9x2-inch metal baking pans. Cover each fish with 3 pounds salt.
- ☐ Drizzle 1 1/2 cups water over salt in each pan. Using hands, pack salt over fish to cover completely.
- ☐ Bake fish until thermometer inserted into center of fish registers 135°F, about 30 minutes. Gently rap salt crust with back of spoon to crack; carefully remove salt. Use pastry brush to remove any remaining salt. Carefully transfer whole fish to platter and serve with sauce.
- ☐ *Sold at Latin American markets, specialty foods stores, and some supermarkets.
- ☐ Chef José Andrés says that comparing pimentón, a Spanish smoked paprika, to the supermarket variety is like "comparing it to red powder." Pimentón is the sweetly smoky flavor in everything from chorizo sausage to paella. Look for dulce (sweet) and de la Vera on the label. Peppers from the La Vera region are always smoke-dried; in other regions they are sun-dried.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:36.040434671485%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 366.26kcal (18.31%), Fat: 13.26g (20.4%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 7.32g (2.66%), Sugar: 5.15g (5.73%), Cholesterol: 83.91mg (27.97%), Sodium: 132026.02mg (5740.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.5g (99%), Vitamin D: 23.13µg (154.22%), Selenium: 88.55µg (126.5%), Vitamin B12: 6.8µg (113.4%), Vitamin C: 62.06mg (75.22%), Vitamin A: 3000.31IU (60.01%), Vitamin B6: 1.13mg (56.59%), Phosphorus: 514.12mg (51.41%), Vitamin E: 5.63mg (37.52%), Potassium: 1279.09mg (36.55%), Manganese: 0.73mg (36.32%), Magnesium: 108.66mg (27.17%), Vitamin B5: 1.97mg (19.74%), Calcium: 191.28mg (19.13%), Fiber: 3.67g (14.68%), Copper: 0.29mg (14.42%), Iron: 2.49mg (13.85%), Vitamin K: 13.42µg (12.78%), Vitamin B1: 0.17mg (11.57%), Zinc: 1.64mg (10.94%), Folate: 42.69µg (10.67%), Vitamin B2: 0.18mg (10.48%), Vitamin B3: 1.98mg (9.88%)