



## Red Snapper Cancato Style with Chorizo-Tomato Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 lb mexican chorizo 1-inch-thick cut into slices
- 2 cups parsley fresh divided chopped
- 14 cloves garlic divided peeled
- 0.5 cup a.1. original sauce divided
- 0.3 cup parmesan cheese grated kraft
- 3 lb snapper whole red
- 3 large tomatoes chopped

## Equipment

- frying pan
- blender
- grill
- aluminum foil

## Directions

- Heat grill to medium-high heat.
- Score fish on both sides with shallow cross-cuts; place on large sheet of nonstick foil. Coarsely chop 6 garlic cloves; place inside fish cavity. Chop remaining garlic. Blend half of the remaining chopped garlic and 1/3 cup steak sauce in blender until smooth.
- Add 1 cup parsley; blend until smooth.
- Spread prepared sauce evenly on both sides of fish.
- Place fish (still on sheet of foil) on grate of grill; cover with lid.
- Grill 25 to 30 min. or until fish flakes easily with fork, turning after 15 min. Meanwhile, cook chorizo in medium skillet on medium heat 5 min. or until done, stirring occasionally.
- Remove chorizo from skillet, drain.
- Add remaining chopped garlic to skillet; cook and stir 1 min. Stir in tomatoes; cook 3 min., stirring occasionally. Return chorizo to skillet.
- Add remaining steak sauce and parsley; mix well.
- Transfer fish to serving plate; top with the chorizo mixture and cheese.

## Nutrition Facts



## Properties

Glycemic Index:2.84, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:6.6134781578313%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 54.72kcal (2.74%), Fat: 1.78g (2.74%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.96g (1.07%), Cholesterol: 14.82mg (4.94%), Sodium: 62.93mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.89%), Vitamin K: 44.75µg (42.62%), Vitamin D: 3.09µg (20.58%), Selenium: 11.88µg (16.97%), Vitamin B12: 0.91µg (15.24%), Vitamin A: 380.65IU (7.61%), Vitamin C: 5.98mg (7.25%), Vitamin B6: 0.15mg (7.25%), Phosphorus: 69.28mg (6.93%), Potassium: 174.39mg (4.98%), Magnesium: 12.77mg (3.19%), Vitamin B5: 0.26mg (2.56%), Vitamin E: 0.38mg (2.53%), Calcium: 21.17mg (2.12%), Iron: 0.37mg (2.05%), Manganese: 0.04mg (1.91%), Folate: 7.45µg (1.86%), Vitamin B1: 0.02mg (1.51%), Zinc: 0.19mg (1.29%), Copper: 0.02mg (1.13%), Fiber: 0.25g (1.01%)