



Red Snapper Fillets on Garlic Toasts with Arugula White-bean Salad

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 lb arugula washed and dried
- ☐ 0.3 teaspoon pepper black freshly ground plus more for sprinkling on bread and fish
- ☐ 15 oz cannellini beans white rinsed drained canned
- ☐ 0.8 teaspoon kosher salt plus more for sprinkling on bread and fish
- ☐ 8 fillet filets dried red with skin (6 to 8 oz. each), rinsed and
- ☐ 8 slices top such as pugliese, cut on a diagonal thick (1 in.)
- ☐ 8 sprigs flat parsley

- ☐ 2 cloves garlic peeled cut in half
- ☐ 2 optional: lemon
- ☐ 0.5 cup olive tapenade store-bought
- ☐ 0.7 cup olive oil extra virgin extra-virgin divided
- ☐ 3 cups and/or cherry tomatoes mixed red yellow rinsed halved

Equipment

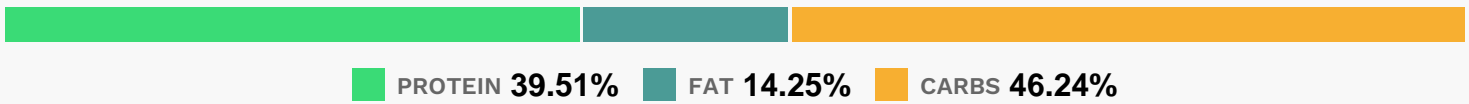
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat broiler. Put bread slices on a large baking sheet, brush both sides with olive oil (about 6 tbsp.), and sprinkle with salt and pepper to taste. Broil bread on both sides until golden and crunchy, about 2 minutes per side. When toasts are cool enough to handle, rub each on one side with garlic halves. Lower heat to 32
- ☐ Zest 1 lemon (to yield 1 tsp. zest) and squeeze half of it (to yield 2 tsp. juice).
- ☐ Cut other lemon into wedges. In a large mixing bowl, whisk together 3/4 tsp. salt, 1/4 tsp. pepper, lemon zest, lemon juice, and 2 tbsp. olive oil.
- ☐ Add beans and toss gently to mix. Set aside.
- ☐ With a very sharp knife, make shallow slashes about 1 in. apart in skin of snapper fillets. Season fillets with salt and pepper.
- ☐ Heat 1 tbsp. olive oil in a large nonstick frying pan over medium-high heat.

- ☐ Add 4 fillets skin side down, reduce heat to medium, and cook 5 to 6 minutes, pressing often with spatula to keep them as flat as possible; turn over and cook another 2 minutes.
- ☐ Transfer to a baking sheet and reserve pan juices in a bowl. Wipe pan clean with paper towels and cook remaining fillets the same way, reserving pan juices and transferring to baking sheet. Put fish in oven and cook until done, about 8 minutes (cut to check).
- ☐ Add arugula and tomatoes to beans and toss gently but thoroughly. Divide salad among 8 plates, arranging in center.
- ☐ Set toasts, garlicky side up, on salads and top toasts with snapper fillets, skin side up.
- ☐ Drizzle each fillet with a bit of pan juice, then top with about 1 tbsp. tapenade and a parsley sprig, and a drizzle of olive oil.
- ☐ Garnish each plate with a lemon wedge.
- ☐ Drizzle some olive oil over each.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:28.97, Inflammation Score:-8, Nutrition Score:29.486087156379%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 6.64mg, Kaempferol: 6.64mg, Kaempferol: 6.64mg, Kaempferol: 6.64mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 428.47kcal (21.42%), Fat: 6.81g (10.47%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 44.23g (16.09%), Sugar: 4.19g (4.66%), Cholesterol: 73.1mg (24.37%), Sodium: 717.02mg (31.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.46g (84.93%), Selenium: 75.92µg (108.46%), Phosphorus: 496.76mg (49.68%), Vitamin B1: 0.68mg (45.27%), Folate: 164.79µg (41.2%), Manganese: 0.79mg (39.66%), Vitamin K: 41.44µg (39.47%), Vitamin B3: 7.41mg (37.07%), Potassium: 1278.92mg (36.54%), Iron: 5.55mg (30.85%), Vitamin C: 25.44mg (30.83%), Magnesium: 120.54mg (30.13%), Vitamin B6: 0.6mg (30.1%), Vitamin B2: 0.45mg (26.66%), Vitamin B12: 1.55µg (25.78%), Fiber: 5.47g (21.89%), Copper: 0.35mg (17.69%), Zinc: 2.31mg (15.39%), Vitamin E:

2.29mg (15.27%), Calcium: 145.87mg (14.59%), Vitamin A: 607.08IU (12.14%), Vitamin D: 1.53µg (10.2%), Vitamin B5: 0.78mg (7.77%)