

food
network



HEALTH SCORE

82%

Red Snapper in Crazy Water: Acqua Pazza



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 jar flat anchovy fillets
- ☐ 3 tablespoons capers
- ☐ 1 quart chicken stock see
- ☐ 4 servings top for serving
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 3 cloves garlic crushed
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon pepper flakes red crushed

- ☐ 4 servings salt and pepper
- ☐ 3 scallions chopped
- ☐ 1 tablespoon seafood seasoning blend recommended: Old Bay
- ☐ 2.5 pounds snapper fillet red with skin, cut into 3-inch chunks
- ☐ 0.3 cup sun-dried tomatoes coarsely chopped in oil not , available in produce department, packaged in pouches
- ☐ 0.5 cup white wine

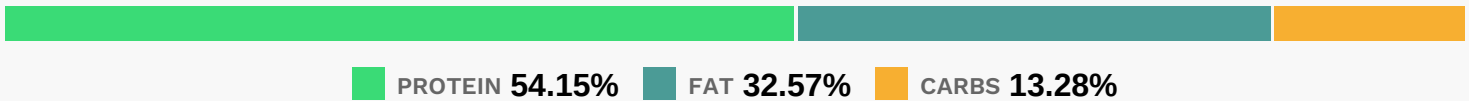
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Season fish pieces with salt, pepper and seafood seasoning.
- ☐ Heat a large deep skillet over medium-high heat.
- ☐ Add extra-virgin olive oil, red pepper flakes, garlic and anchovies. Melt anchovies into oil.
- ☐ Add snapper, skin side down and crisp the skin. Turn and brown the fish in oil 3 mintutes.
- ☐ Add wine and deglaze the pan (lift up drippings) then add sun-dried tomato pieces, capers and scallions and stir in chicken stock. Stir the stew/soup or "stoup" gently so you do not break up the fish. Bring the broth to a simmer and cook another 3 to 5 minutes to combine flavors.
- ☐ Serve fish in shallow bowls with plenty of crazy broth.
- ☐ Garnish with parsley and pass plenty of crusty bread for dipping, dunking and mopping!

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:35.01782585227%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg

Nutrients (% of daily need)

Calories: 519.16kcal (25.96%), Fat: 17.61g (27.09%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 14.49g (5.27%), Sugar: 6.99g (7.77%), Cholesterol: 112.07mg (37.36%), Sodium: 905.76mg (39.38%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 65.87g (131.75%), Vitamin D: 28.92µg (192.78%), Selenium: 114.86µg (164.09%), Vitamin B12: 8.51µg (141.76%), Vitamin B6: 1.38mg (68.84%), Phosphorus: 667.5mg (66.75%), Vitamin K: 55.29µg (52.66%), Potassium: 1747.89mg (49.94%), Magnesium: 124.72mg (31.18%), Vitamin E: 4.62mg (30.82%), Vitamin B3: 5.47mg (27.33%), Vitamin B5: 2.32mg (23.18%), Vitamin B1: 0.27mg (18.23%), Copper: 0.36mg (17.97%), Manganese: 0.34mg (17%), Vitamin B2: 0.28mg (16.35%), Vitamin A: 724.78IU (14.5%), Iron: 2.59mg (14.39%), Vitamin C: 11.81mg (14.31%), Calcium: 134.95mg (13.49%), Zinc: 1.68mg (11.21%), Folate: 42.47µg (10.62%), Fiber: 1.66g (6.64%)