



Red Snapper in Grape Leaves with Garlic-and-Caper Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 1 tablespoon capers drained
- 2 tablespoons cooking oil
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic minced
- 16 large bottled grape leaves dried rinsed drained
- 4 servings fresh-ground pepper black

- 1 teaspoon juice of lemon
- 1 lemon zest grated
- 2 pounds red-snapper fillets
- 4 servings salt

Equipment

- sauce pan
- grill
- broiler

Directions

- Light the grill or heat the broiler.
- Sprinkle the fish with 1/2 teaspoon salt and 1/4 teaspoon pepper. Overlap two of the grape leaves and put a piece of the fish in the center. Fold the bottom of the leaves over the center of the fish. Fold in the sides of the leaves like an envelope to enclose the fish. Fold the top of the leaves over so that the fish is completely covered by the grape leaves.
- Brush some of the oil over the packet to seal the leaves and keep them from sticking to the grill. Repeat with the remaining fish, grape leaves, and oil, making eight packets in all.
- Grill or broil the fish packets, turning once, until just done, about 8 minutes in all for 3/4-inch-thick fillets.
- Meanwhile, melt the butter in a small saucepan. Stir in the garlic, lemon zest, capers, lemon juice, parsley, and 1/8 teaspoon each salt and pepper. To serve, spoon the sauce over the grape-leaf packets.
- Fish Alternatives: Other lean, white fish fillets, such as rockfish, haddock, pompano, or striped bass, can be substituted here, but be sure to remove the skin.
- Wine Recommendation: The aggressive flavors and acidity of sauvignon blanc are ideal with the taste of the grape leaves and the acidity of the lemon and capers. Try a bottle from the north of Italy.

Nutrition Facts

 **PROTEIN 47.78%**  **FAT 49.07%**  **CARBS 3.15%**

Properties

Glycemic Index:36, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:30.231739075288%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 404.5kcal (20.23%), Fat: 21.69g (33.37%), Saturated Fat: 8.41g (52.55%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 1.5g (0.54%), Sugar: 0.89g (0.99%), Cholesterol: 114.01mg (38%), Sodium: 486.36mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.52g (95.03%), Vitamin D: 23.13µg (154.22%), Selenium: 87.14µg (124.48%), Vitamin B12: 6.83µg (113.79%), Vitamin A: 3981.29IU (79.63%), Vitamin B6: 0.98mg (48.95%), Phosphorus: 466.85mg (46.68%), Vitamin K: 36.31µg (34.58%), Potassium: 999.15mg (28.55%), Vitamin E: 4mg (26.67%), Magnesium: 86.27mg (21.57%), Manganese: 0.41mg (20.69%), Vitamin B5: 1.77mg (17.65%), Calcium: 127.04mg (12.7%), Vitamin C: 9.26mg (11.23%), Vitamin B1: 0.12mg (7.69%), Fiber: 1.64g (6.55%), Copper: 0.13mg (6.49%), Zinc: 0.95mg (6.33%), Folate: 24.21µg (6.05%), Vitamin B3: 0.98mg (4.89%), Iron: 0.87mg (4.84%), Vitamin B2: 0.06mg (3.59%)