



HEALTH SCORE

88%

Red Snapper over Sauteed Spinach and Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons dijon mustard country-style
- ☐ 3 tablespoons salad dressing italian reduced-fat
- ☐ 4 lemon wedges
- ☐ 0.5 cup onion chopped
- ☐ 24 ounce snapper red
- ☐ 10 ounce pkt spinach fresh (10 cups)
- ☐ 1 cup tomatoes red yellow chopped

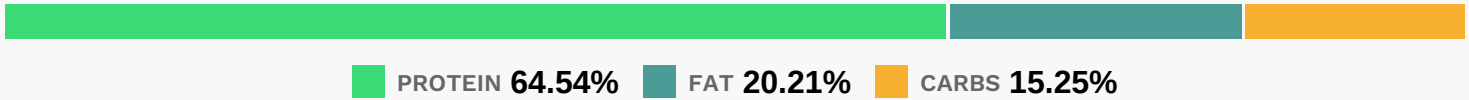
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine mustard and dressing, stirring with a whisk.
- ☐ Arrange fish, skin side down, on a foil-lined baking sheet coated with cooking spray.
- ☐ Brush half of mustard mixture over fish. Broil fish 8 minutes or until fish flakes easily when tested with a fork.
- ☐ While fish cooks, combine onion and remaining mustard mixture in a large nonstick skillet over medium heat. Cover and cook 2 minutes.
- ☐ Add half of spinach; cover and cook 1 minute or until spinach wilts.
- ☐ Add remaining spinach and tomato; cover and cook 1 minute or until spinach wilts. Stir well to combine.
- ☐ Serve fish over spinach mixture; serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:38.688695658808%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 1mg,

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 236.89kcal (11.84%), Fat: 5.32g (8.18%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 5.89g (2.14%), Sugar: 2.89g (3.21%), Cholesterol: 62.94mg (20.98%), Sodium: 402.02mg (17.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.19g (76.39%), Vitamin K: 348.62µg (332.02%), Vitamin A: 6842.27IU (136.85%), Vitamin D: 17.35µg (115.67%), Selenium: 70.03µg (100.05%), Vitamin B12: 5.1µg (85.05%), Vitamin C: 36.87mg (44.69%), Vitamin B6: 0.89mg (44.55%), Folate: 162.99µg (40.75%), Phosphorus: 406.44mg (40.64%), Manganese: 0.78mg (39.05%), Potassium: 1274.17mg (36.4%), Magnesium: 123.96mg (30.99%), Vitamin E: 3.37mg (22.48%), Iron: 2.75mg (15.3%), Calcium: 146.15mg (14.62%), Vitamin B5: 1.45mg (14.53%), Fiber: 3.13g (12.52%), Vitamin B1: 0.19mg (12.5%), Vitamin B2: 0.17mg (10.11%), Copper: 0.2mg (9.98%), Zinc: 1.21mg (8.06%), Vitamin B3: 1.52mg (7.62%)