



Red Snapper Salad with Green Peppercorn-Tarragon Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons dijon mustard
- 1 teaspoon peppercorns dried green crushed
- 2 tablespoons honey
- 6 cups baby greens mixed
- 1 tablespoon olive oil divided
- 24 ounce snapper red firm
- 0.5 teaspoon salt divided

- 1 tablespoon teaspoon tarragon dried fresh minced
- 2 tablespoons water
- 2 tablespoons citrus champagne vinegar

Equipment

- frying pan
- whisk

Directions

- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Drizzle fish with 2 teaspoons oil, and sprinkle with 1/4 teaspoon salt.
- Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- While fish cooks, combine 1 teaspoon oil, 1/4 teaspoon salt, tarragon, and the next 5 ingredients (tarragon through peppercorns), stirring with a whisk.
- Drizzle 1/4 cup vinaigrette over greens; toss gently to combine. Arrange about 1 1/4 cups greens on each of 4 plates. Top each serving with 1 fillet; drizzle each serving with 1 tablespoon vinaigrette.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:5.06, Inflammation Score:-7, Nutrition Score:19.213913259299%

Nutrients (% of daily need)

Calories: 247.32kcal (12.37%), Fat: 6.81g (10.48%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 11.49g (4.18%), Sugar: 8.73g (9.7%), Cholesterol: 85.05mg (28.35%), Sodium: 505.19mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.66g (71.31%), Selenium: 74.05µg (105.79%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.18mg (35.9%), Vitamin D: 5.27µg (35.15%), Phosphorus: 327.16mg (32.72%), Potassium: 689.47mg (19.7%), Vitamin B6: 0.37mg (18.67%), Vitamin C: 14.91mg (18.08%), Folate: 68.55µg (17.14%), Manganese: 0.33mg (16.72%), Magnesium: 62.79mg (15.7%), Vitamin A: 760.42IU (15.21%), Iron: 2.12mg (11.75%), Vitamin B2: 0.17mg (9.97%), Vitamin B5: 0.93mg (9.3%), Copper: 0.18mg (9.05%), Vitamin E: 1.21mg (8.07%), Vitamin B1: 0.11mg (7.09%), Zinc: 0.83mg (5.54%), Calcium: 50.99mg (5.1%), Vitamin K: 4.6µg (4.38%), Fiber: 0.47g

(1.89%)