



## Red Snapper Teriyaki

 **Gluten Free**  **Dairy Free**

READY IN



17 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups asparagus
- 1 pound snapper red cut into 1-inch pieces
- 1 medium bell pepper red cut into 1/4-inch strips
- 0.5 cup teriyaki sauce
- 1 tablespoon vegetable oil

### Equipment

- frying pan
- wok

## Directions

- Heat wok or 12-inch skillet over high heat.
- Add oil; rotate wok to coat side.
- Add fish; stir-fry 2 minutes.
- Add asparagus and bell pepper; stir-fry 2 to 3 minutes or until vegetables are crisp-tender.
- Stir in teriyaki baste and glaze; cook and stir 30 seconds.

## Nutrition Facts

**PROTEIN 54.96%** **FAT 22.77%** **CARBS 22.27%**

## Properties

Glycemic Index:16, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:26.175652441771%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Quercetin: 14.12mg, Quercetin: 14.12mg, Quercetin: 14.12mg, Quercetin: 14.12mg

## Nutrients (% of daily need)

Calories: 203.33kcal (10.17%), Fat: 5.14g (7.9%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 8.54g (3.1%), Sugar: 8.21g (9.13%), Cholesterol: 41.96mg (13.99%), Sodium: 1454.57mg (63.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.8%), Vitamin D: 11.57µg (77.11%), Selenium: 46.06µg (65.79%), Vitamin B12: 3.4µg (56.7%), Vitamin C: 45.52mg (55.18%), Vitamin K: 49.63µg (47.27%), Vitamin A: 1811.45IU (36.23%), Phosphorus: 339.96mg (34%), Vitamin B6: 0.67mg (33.38%), Potassium: 819.65mg (23.42%), Vitamin E: 2.97mg (19.82%), Magnesium: 75.89mg (18.97%), Folate: 74.49µg (18.62%), Iron: 3.1mg (17.2%), Vitamin B1: 0.22mg (14.85%), Copper: 0.26mg (13.14%), Vitamin B5: 1.29mg (12.92%), Vitamin B2: 0.2mg (11.51%), Fiber: 2.77g (11.09%), Manganese: 0.21mg (10.34%), Vitamin B3: 2.05mg (10.27%), Calcium: 71.49mg (7.15%), Zinc: 1.06mg (7.08%)