



## Red Snapper Vera Cruz



Gluten Free



Dairy Free



Low Fod Map

READY IN



12 min.

SERVINGS



4

CALORIES



112 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce canned tomatoes mexican-style undrained canned
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 16 ounce orange roughy fillets red
- 0.3 cup salsa

### Equipment

- frying pan

## Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Sprinkle one side of fillets with cumin.
- Place fish, seasoned side down, in skillet; cook 3 minutes. Turn fish; top with tomatoes and salsa. Reduce heat, and simmer, uncovered, 5 minutes or until fish flakes easily when tested with a fork.
- Sprinkle with cilantro.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:11.830434768096%

## Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 111.78kcal (5.59%), Fat: 1.05g (1.62%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 4.22g (1.53%), Sugar: 3.33g (3.71%), Cholesterol: 68.04mg (22.68%), Sodium: 299.5mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.83%), Selenium: 76.19µg (108.85%), Vitamin E: 2.37mg (15.78%), Phosphorus: 148.14mg (14.81%), Vitamin B3: 2.69mg (13.47%), Potassium: 421.08mg (12.03%), Iron: 2.16mg (11.98%), Copper: 0.21mg (10.37%), Manganese: 0.2mg (9.88%), Folate: 38.37µg (9.59%), Vitamin B6: 0.18mg (9.24%), Magnesium: 35.04mg (8.76%), Vitamin A: 375.94IU (7.52%), Vitamin K: 7.82µg (7.45%), Vitamin B12: 0.43µg (7.18%), Vitamin C: 5.92mg (7.17%), Fiber: 1.52g (6.09%), Vitamin B1: 0.09mg (5.83%), Vitamin B2: 0.09mg (5.29%), Calcium: 38.55mg (3.85%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.26mg (2.65%)