



WHATSheATE



## Red Snapper Veracruz



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 8 ounce mushrooms sliced
- ☐ 14.8 ounce canned tomatoes diced drained canned
- ☐ 3 tablespoons capers drained
- ☐ 4 tablespoons chili sauce (such as Heinz)
- ☐ 0.5 tablespoon thyme dried
- ☐ 0.5 cup wine dry white
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 2 garlic clove minced
- ☐ 0.5 bell pepper green chopped
- ☐ 1 jalapeno fresh seeds removed for less heat) chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 medium onion chopped
- ☐ 2 pounds snapper fresh red
- ☐ 0.3 teaspoon salt plus more to taste
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 14.8 ounce canned tomatoes canned
- ☐ 4 tablespoons butter unsalted ()

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

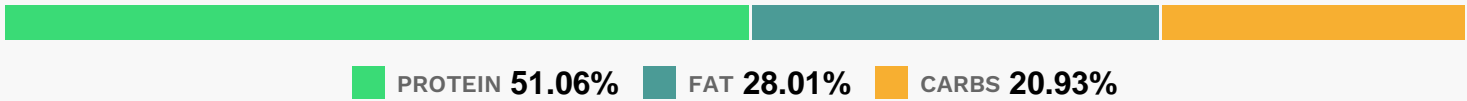
## Directions

- ☐ Preheat the oven to 425°F.
- ☐ In a large sauté pan set over medium-high heat, melt the butter.
- ☐ Add the onion, mushrooms, bell pepper, and jalapeño, and cook until softened, about 8 minutes.
- ☐ Add the tomato puree, diced tomatoes, wine, chili sauce, lemon juice, capers, parsley, garlic, thyme, and salt, and cook for 5 minutes.
- ☐ Pour half of the sauce into the bottom of a 9 x 13-inch casserole dish. Season the snapper fillets and the shrimp with salt and pepper, and lay them on top of the sauce.
- ☐ Pour the remaining sauce over the seafood.
- ☐ Bake for 15 to 18 minutes or until the fish is flaky.
- ☐ note
- ☐ Never heard of quinoa? Crystal invites you to get to know one of her favorite ingredients. Although quinoa (pronounced keen-wah) has been around for centuries, it isn't a mainstream

pantry item in American kitchens. It has a similar texture to that of couscous or rice, with a slight crunch and a somewhat nutty flavor when cooked. Quinoa is considered a super food because it contains more protein than any other grain, and this protein is complete, containing all nine essential amino acids. Look for quinoa at your local grocery. Your body will thank you for it.

☐ From The Casserole Queens Cookbook by Crystal Cook & Sandy Pollock. Copyright © 2011 by Crystal Cook and Sandy Pollock; Food photographs copyright © 2011 by Ben Fink. Published by Clarkson Potter/Publishers. Crystal Cook and Sandy Pollock, the Casserole Queens, have been delivering casseroles in Austin, Texas, since 2006; they also teach cooking classes at Whole Foods stores in the area. They have been featured on Food Network's Throwdown! with Bobby Flay and Bobby Flay Radio on Sirius XM, as well as on television news and radio talk shows.

## Nutrition Facts



### Properties

Glycemic Index:35.75, Glycemic Load:2.82, Inflammation Score:-8, Nutrition Score:24.083913139675%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.04mg, Kaempferol: 4.04mg, Kaempferol: 4.04mg, Kaempferol: 4.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

### Nutrients (% of daily need)

Calories: 258.24kcal (12.91%), Fat: 7.86g (12.08%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 10.08g (3.67%), Sugar: 7.31g (8.12%), Cholesterol: 102.65mg (34.22%), Sodium: 504.93mg (21.95%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 32.22g (64.44%), Vitamin D: 11.73µg (78.19%), Selenium: 46.99µg (67.13%), Vitamin B12: 3.43µg (57.09%), Phosphorus: 360.09mg (36.01%), Vitamin B6: 0.71mg (35.74%), Vitamin C: 25.63mg (31.07%), Potassium: 1037.82mg (29.65%), Copper: 0.47mg (23.26%), Vitamin K: 20.92µg (19.93%), Magnesium: 77.08mg (19.27%), Vitamin E: 2.86mg (19.04%), Vitamin B5: 1.63mg (16.26%), Manganese: 0.32mg (16.2%), Vitamin B3: 2.89mg (14.43%), Iron: 2.43mg (13.5%), Vitamin A: 674.26IU (13.49%), Fiber: 3.12g

(12.49%), Vitamin B1: 0.18mg (11.86%), Vitamin B2: 0.2mg (11.54%), Calcium: 108.27mg (10.83%), Zinc: 1.33mg (8.89%), Folate: 32.24µg (8.06%)