



Red Snapper Veracruz



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 tablespoons chiles green drained chopped
- ☐ 1 Dash ground pepper white
- ☐ 0.3 teaspoon hot sauce
- ☐ 2 teaspoons butter melted
- ☐ 0.3 cup onion chopped

- ☐ 16 ounce snapper fillets red
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups tomatoes peeled chopped (2 medium)

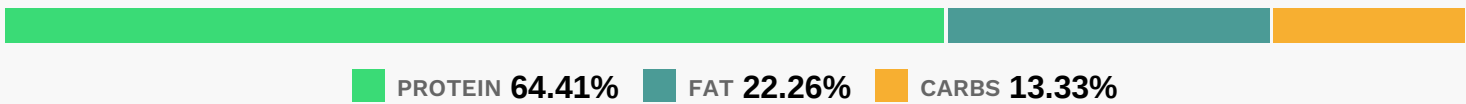
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add bell pepper, onion, and garlic; cook, stirring constantly, until tender. Stir in tomato and next 5 ingredients; cook until mixture is thoroughly heated, stirring often. Set aside, and keep warm.
- ☐ Brush fillets with margarine, and arrange in a grill basket coated with cooking spray. Grill, covered, over medium-hot coals (350 to 40
- ☐ for 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve fillets with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:17.547391347263%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 153.76kcal (7.69%), Fat: 3.72g (5.72%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 3.63g (1.32%), Sugar: 2.36g (2.62%), Cholesterol: 41.96mg (13.99%), Sodium: 281.94mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin D: 11.57µg (77.11%), Selenium: 43.61µg (62.3%), Vitamin B12: 3.4µg (56.74%), Vitamin C: 28.49mg (34.53%), Vitamin B6: 0.58mg (29.03%), Phosphorus: 248.77mg (24.88%), Potassium: 669.12mg (19.12%), Vitamin A: 760.92IU (15.22%), Magnesium: 46.31mg (11.58%), Vitamin E: 1.54mg (10.29%), Vitamin B5: 0.95mg (9.49%), Manganese: 0.15mg (7.54%), Vitamin B1: 0.09mg (6.15%), Vitamin K: 6.29µg (5.99%), Fiber: 1.39g (5.54%), Folate: 22.04µg (5.51%), Calcium: 53.04mg (5.3%), Copper: 0.09mg (4.4%), Vitamin B3: 0.82mg (4.08%), Zinc: 0.57mg (3.82%), Iron: 0.6mg (3.36%), Vitamin B2: 0.03mg (1.61%)