



HEALTH SCORE

66%

Red Snapper, Veracruz Style



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 small bay leaves
- ☐ 28 canned tomatoes diced drained well canned
- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 large garlic cloves chopped
- ☐ 0.3 cup olives green pitted chopped
- ☐ 3 pickled jalapeño chiles halved lengthwise
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 teaspoon mexican oregano dried
- ☐ 2 tablespoons raisins
- ☐ 24 ounce snapper fillets red
- ☐ 0.3 cup onion white finely chopped

Equipment

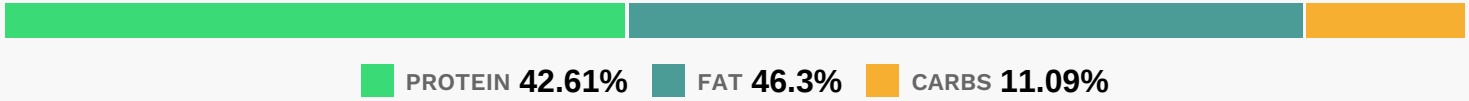
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ potato masher
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Place drained tomatoes in medium bowl. Using potato masher, crush tomatoes to coarse puree.
- ☐ Drain again, reserving juices.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add onion and stir 30 seconds.
- ☐ Add garlic and stir 30 seconds.
- ☐ Add tomato puree and cook 1 minute.
- ☐ Add bay leaves, parsley, oregano, and 1/4 cup reserved tomato juices. Simmer until sauce thickens, about 3 minutes.
- ☐ Add olives, raisins, capers, and all remaining reserved tomato juices. Simmer until sauce thickens again, stirring occasionally, about 8 minutes. Season sauce to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 425°F.
- ☐ Spread 3 tablespoons sauce in bottom of 15x10x2-inch glass baking dish. Arrange fish atop sauce.
- ☐ Sprinkle fish lightly with salt and pepper. Spoon remaining sauce over.

- ☐ Bake uncovered until fish is just opaque in center, about 18 minutes. Using long spatula, transfer fish with sauce to plates.
- ☐ Garnish with pickled jalapeño halves.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:2.48, Inflammation Score:-7, Nutrition Score:17.085217408512%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 224.98kcal (11.25%), Fat: 11.5g (17.69%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.05g (1.83%), Sugar: 0.65g (0.72%), Cholesterol: 41.96mg (13.99%), Sodium: 237.32mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.62%), Vitamin D: 11.57µg (77.11%), Selenium: 43.72µg (62.46%), Vitamin B12: 3.4µg (56.7%), Vitamin K: 31.55µg (30.05%), Vitamin B6: 0.53mg (26.34%), Phosphorus: 236.14mg (23.61%), Vitamin E: 2.95mg (19.64%), Vitamin C: 13.27mg (16.08%), Potassium: 562.6mg (16.07%), Magnesium: 43mg (10.75%), Vitamin B5: 0.9mg (9.02%), Vitamin A: 342.8IU (6.86%), Calcium: 54.44mg (5.44%), Vitamin B1: 0.07mg (4.67%), Manganese: 0.09mg (4.67%), Fiber: 1.15g (4.6%), Iron: 0.74mg (4.11%), Copper: 0.08mg (3.91%), Zinc: 0.49mg (3.28%), Folate: 12.71µg (3.18%), Vitamin B3: 0.55mg (2.75%), Vitamin B2: 0.03mg (1.66%)