



Red Snapper with Cilantro, Garlic, and Lime



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 1.5 tablespoons garlic minced
- ☐ 6 servings accompaniment: lime wedges
- ☐ 1.5 tablespoons lime zest fresh finely grated
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 36 oz snapper fillets red with skin (1/)
- ☐ 1 teaspoon salt

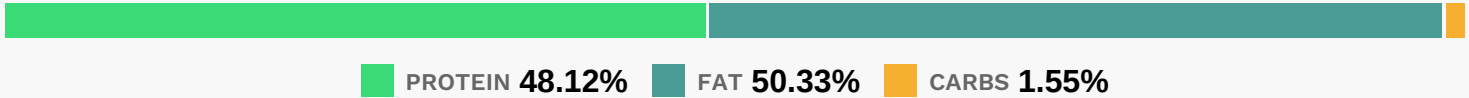
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat broiler and lightly oil a shallow baking pan (1 inch deep).
- ☐ Pat fish dry, then arrange, skin sides up, in 1 layer in baking pan.
- ☐ Brush both sides of fish with 3 tablespoons oil total and sprinkle with salt and pepper. Toss together cilantro, garlic, and zest in a small bowl.
- ☐ Broil fish 6 inches from heat, without turning over, until just cooked through, 8 to 10 minutes.
- ☐ Transfer fish, skin sides up, with a metal spatula to a platter, then sprinkle with cilantro mixture and drizzle with remaining 3 tablespoons oil.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:20.731739375902%

Flavonoids

Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 298.52kcal (14.93%), Fat: 16.31g (25.09%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.08g (0.08%), Cholesterol: 62.94mg (20.98%), Sodium: 497.78mg (21.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.09g (70.17%), Vitamin D: 17.35µg (115.67%), Selenium: 65.3µg (93.28%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.71mg (35.45%), Phosphorus: 341.34mg (34.13%), Vitamin E:

3.69mg (24.61%), Potassium: 730.36mg (20.87%), Magnesium: 55.87mg (13.97%), Vitamin B5: 1.3mg (13.04%), Vitamin K: 13.19µg (12.56%), Calcium: 61.26mg (6.13%), Vitamin B1: 0.08mg (5.61%), Vitamin A: 273.07IU (5.46%), Vitamin C: 4.43mg (5.37%), Manganese: 0.09mg (4.72%), Zinc: 0.65mg (4.33%), Copper: 0.06mg (3.09%), Iron: 0.48mg (2.69%), Vitamin B3: 0.52mg (2.6%), Folate: 9.63µg (2.41%)