



Red Snapper with Fava Bean Puree

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



22 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound avarakkai / broad beans fresh shelled
- 3 tablespoons mint leaves fresh chopped
- 4 cups chicken stock see low-sodium
- 4 servings olive oil for frying
- 4 servings salt and pepper black freshly ground
- 24 ounce center-cut snapper fillets red

Equipment

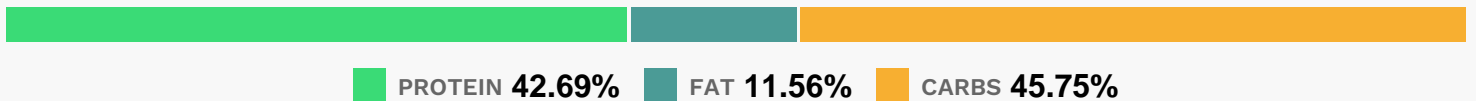
- food processor

- frying pan
- sauce pan
- blender

Directions

- In a medium saucepan, bring the stock to a boil over medium-high heat.
- Add the beans. Reduce the heat to low, and simmer until the beans are tender, about 5 to 8 minutes.
- Drain the beans and reserve 1 cup of stock.
- Place the drained beans and reserved stock in a blender or food processor.
- Add the mint and blend until smooth. Season with salt and pepper, to taste.
- In a large skillet, heat enough oil to fill the pan 1/4-inch deep, over medium-high heat. Season the fish with salt and pepper on both sides. Cook for 3 to 4 minutes each side until brown and the center is just opaque.
- Divide the fava bean puree between 4 serving plates.
- Place a filet of red snapper on top of the puree.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:28.13, Inflammation Score:-9, Nutrition Score:45.253478340481%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg

Nutrients (% of daily need)

Calories: 609.7kcal (30.48%), Fat: 7.89g (12.15%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 70.3g (23.43%), Net Carbohydrates: 51.61g (18.77%), Sugar: 6.5g (7.22%), Cholesterol: 62.94mg (20.98%), Sodium: 197.91mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.61g (131.23%), Vitamin D: 17.35µg (115.67%), Selenium:

73.83µg (105.47%), Folate: 366.6µg (91.65%), Vitamin B12: 5.34µg (88.98%), Phosphorus: 835.73mg (83.57%), Manganese: 1.51mg (75.56%), Fiber: 18.7g (74.78%), Copper: 1.06mg (53.14%), Potassium: 1846.68mg (52.76%), Magnesium: 206.25mg (51.56%), Vitamin B6: 0.95mg (47.7%), Iron: 6.12mg (34%), Vitamin B3: 6.2mg (31%), Zinc: 4.33mg (28.85%), Vitamin B1: 0.41mg (27.43%), Vitamin B2: 0.39mg (22.87%), Calcium: 195.92mg (19.59%), Vitamin B5: 1.82mg (18.24%), Vitamin E: 2.11mg (14.03%), Vitamin K: 11.89µg (11.32%), Vitamin A: 391.18IU (7.82%), Vitamin C: 4.93mg (5.98%)