



 **100%**
HEALTH SCORE

Red Snapper with Fennel and Garlic

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

READY IN



50 min.

SERVINGS



1

CALORIES



2644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cooking wine dry white
- 1 bulb fennel thinly sliced
- 0.5 cup parsley fresh chopped
- 3 tablespoons garlic minced
- 2 tablespoons juice of lemon
- 0.3 cup olive oil extra-virgin
- 4 pound snapper whole red
- 1 serving salt and pepper to taste

1 shallots minced

Equipment

bowl

frying pan

oven

baking pan

kitchen twine

Directions

Preheat an oven to 300 degrees F (150 degrees C). Spray a 9x13 inch baking dish with cooking spray.

Heat 4 tablespoons of olive oil in a skillet over medium heat. Stir in 3 cloves minced garlic, fennel, and minced shallot. Cook and stir until the fennel has begun to soften, about 5 minutes.

Remove from heat.

Transfer vegetables to a bowl, and stir in chopped parsley. Reserve cooking oil.

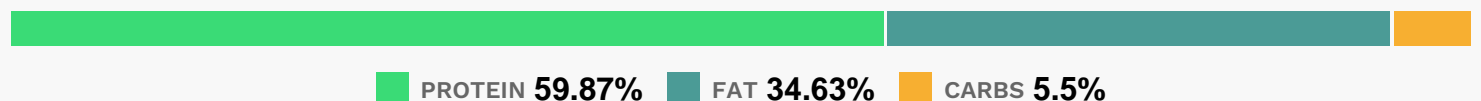
Season the fish all over with salt and pepper to taste, then stuff snapper with fennel mixture. Use kitchen twine to tie the snapper together in three places.

Place the snapper into the prepared baking dish, drizzle with the white wine, lemon juice, and reserved oil.

Sprinkle with 3 tablespoons of garlic.

Bake in the preheated oven until the fish is no longer translucent, and flakes easily with a fork, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:152, Glycemic Load:8.2, Inflammation Score:-10, Nutrition Score:73.109565071438%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 3.99mg, Eriodictyol: 3.99mg, Eriodictyol: 3.99mg, Eriodictyol: 3.99mg Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 64.7mg, Apigenin: 64.7mg, Apigenin: 64.7mg, Apigenin: 64.7mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 4.85mg, Myricetin: 4.85mg, Myricetin: 4.85mg, Myricetin: 4.85mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 2643.75kcal (132.19%), Fat: 97.23g (149.59%), Saturated Fat: 15.39g (96.22%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 25.12g (9.13%), Sugar: 12.99g (14.43%), Cholesterol: 671.32mg (223.77%), Sodium: 1505.29mg (65.45%), Alcohol: 6.18g (100%), Alcohol %: 0.34% (100%), Protein: 378.22g (756.44%), Vitamin D: 185.07µg (1233.77%), Selenium: 698.56µg (997.94%), Vitamin B12: 54.43µg (907.18%), Vitamin K: 684.96µg (652.34%), Vitamin B6: 7.82mg (391.11%), Phosphorus: 3791.77mg (379.18%), Potassium: 8954.88mg (255.85%), Vitamin E: 29.44mg (196.28%), Magnesium: 654.43mg (163.61%), Vitamin B5: 14.55mg (145.52%), Vitamin C: 118.11mg (143.16%), Vitamin A: 4768.95IU (95.38%), Calcium: 797.39mg (79.74%), Manganese: 1.28mg (63.97%), Vitamin B1: 0.96mg (63.8%), Folate: 215.32µg (53.83%), Zinc: 7.79mg (51.91%), Iron: 8.13mg (45.18%), Copper: 0.81mg (40.41%), Fiber: 9.64g (38.55%), Vitamin B3: 7.35mg (36.77%), Vitamin B2: 0.2mg (11.98%)