



Red Snapper With Fennel-Potato Ragoût

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 inch pieces
- 2 medium baking potatoes peeled cut into 1 1/2-inch pieces (1 1/4 pounds)
- 1 tablespoon butter
- 0.8 cup cooking wine dry white
- 1 cup chicken broth fat-free reduced-sodium
- 1 large fennel bulb cored
- 0.3 cup chives fresh divided chopped
- 0.3 cup parsley fresh divided chopped

- 3 garlic cloves minced
- 2 large leeks trimmed chopped
- 2 tablespoons juice of lemon
- 1 teaspoon olive oil
- 24 ounce snapper fillets red
- 1 teaspoon salt divided

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine garlic, 2 tablespoons chives, 2 tablespoons parsley, olive oil, and 1/4 teaspoon salt. Rub on both sides of snapper fillets; cover and chill.
- Heat butter in a large saucepan over medium heat; cook leeks in butter 5 minutes, stirring occasionally.
- Add potatoes, fennel, and wine. Increase heat to medium-high; cover and simmer 5 minutes.
- Add chicken broth and remaining 3/4 teaspoon salt. Bring to a boil; cover, reduce heat, and simmer 15 to 20 minutes or until potatoes are tender.
- Remove from heat, and gently stir in lemon juice and remaining 2 tablespoons each of chives and parsley. Set aside, and keep warm.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Make 2 diagonal cuts through skin (but not flesh) of each fillet.
- Add fillets, skin side down, one at a time, to skillet. Cook 4 minutes; turn and cook an additional 4 minutes or until fish flakes easily when tested with a fork.
- Divide each fillet into 3 portions. Spoon ragot evenly among 4 bowls; top each bowl with a portion of fillet.
- Garnish with fennel leaves, if desired.

Nutrition Facts



■ PROTEIN 44.56% ■ FAT 17.64% ■ CARBS 37.8%

Properties

Glycemic Index:96.44, Glycemic Load:18.83, Inflammation Score:-9, Nutrition Score:36.043478074281%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 386.03kcal (19.3%), Fat: 6.94g (10.68%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 29.16g (10.6%), Sugar: 6.18g (6.87%), Cholesterol: 70.46mg (23.49%), Sodium: 996.86mg (43.34%), Alcohol: 4.64g (100%), Alcohol %: 1.16% (100%), Protein: 39.45g (78.9%), Vitamin K: 127.71µg (121.62%), Vitamin D: 17.35µg (115.67%), Selenium: 67.95µg (97.07%), Vitamin B12: 5.22µg (87.06%), Vitamin B6: 1.25mg (62.46%), Phosphorus: 465.67mg (46.57%), Potassium: 1575.13mg (45%), Vitamin C: 31.2mg (37.81%), Manganese: 0.64mg (32.17%), Vitamin A: 1514.42IU (30.29%), Magnesium: 111.54mg (27.88%), Folate: 79.4µg (19.85%), Vitamin B5: 1.94mg (19.41%), Vitamin E: 2.68mg (17.84%), Iron: 3.12mg (17.33%), Fiber: 4.29g (17.17%), Vitamin B1: 0.22mg (14.55%), Calcium: 143.6mg (14.36%), Copper: 0.28mg (14.25%), Vitamin B3: 2.67mg (13.35%), Zinc: 1.26mg (8.4%), Vitamin B2: 0.11mg (6.18%)