



Red Snapper with Lemon Caper Butter Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons capers drained
- 0.3 cup juice of lemon
- 3 tablespoons olive oil extra-virgin
- 1 tablespoon parsley italian finely chopped
- 24 ounce snapper fillets red
- 4 servings salt and pepper freshly ground
- 1 shallots finely chopped
- 2 tablespoons butter unsalted cut into 4 pieces

Equipment

- frying pan
- whisk

Directions

- In a large nonstick skillet, heat 2 tablespoons of the oil until shimmering. Season the fish with salt and pepper.
- Add it to the skillet and cook over moderately high heat, turning once, until golden and cooked through, about 6 minutes. Carefully transfer the fish to plates and keep warm.
- Wipe out the skillet and add the remaining oil.
- Add the shallots and capers and cook over moderate heat until the shallots are softened and the capers are slightly crisp, about 3 minutes.
- Add the lemon juice and simmer until slightly reduced.
- Add the butter and whisk until incorporated. Season with salt and pepper and stir in the parsley. Spoon the sauce over the fish and serve right away.

Nutrition Facts

  
PROTEIN 44.45% **FAT 52.57%** **CARBS 2.98%**

Properties

Glycemic Index:15.5, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:21.773043523664%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

Nutrients (% of daily need)

Calories: 322.24kcal (16.11%), Fat: 18.54g (28.53%), Saturated Fat: 5.55g (34.67%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.91g (1.01%), Cholesterol: 77.99mg (26%), Sodium: 415.85mg (18.08%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.28g (70.56%), Vitamin D: 17.45µg (116.37%), Selenium: 65.19µg (93.12%), Vitamin B12: 5.11µg (85.25%), Vitamin B6: 0.71mg (35.55%), Phosphorus: 344.42mg (34.44%), Vitamin K: 24.42µg (23.25%), Vitamin E: 3.38mg (22.5%), Potassium: 754.85mg (21.57%), Magnesium: 58.62mg (14.66%), Vitamin B5: 1.33mg (13.27%), Vitamin C: 10.63mg (12.88%), Vitamin A: 446.16IU (8.92%), Calcium: 62.54mg (6.25%), Vitamin B1: 0.09mg (5.84%), Zinc: 0.68mg (4.5%), Folate: 16.33µg (4.08%), Copper: 0.07mg (3.66%), Iron: 0.58mg (3.24%), Vitamin B3: 0.55mg (2.76%), Manganese: 0.05mg (2.38%), Fiber: 0.41g (1.63%), Vitamin B2: 0.02mg (1.03%)