



Red Snapper with Lemon Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 2 ounces cream cheese
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 ounce fontina shredded
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind
- ☐ 0.5 cup milk

- ☐ 0.3 teaspoon pepper divided freshly ground
- ☐ 12 ounce snapper fillets red
- ☐ 0.3 teaspoon salt

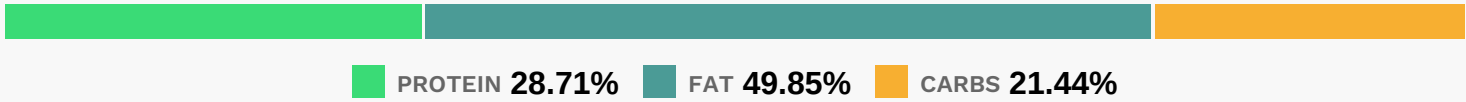
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Whisk together milk and egg.
- ☐ Sprinkle fillets with salt and 1/8 teaspoon pepper. Dredge fish in flour; dip in milk mixture, and dredge in breadcrumbs.
- ☐ Melt 1 tablespoon butter in a large skillet over medium heat; add fish, and cook 2 to 3 minutes on each side or until fish flakes with a fork.
- ☐ Remove fillets, and drain on paper towels; keep warm.
- ☐ Wipe skillet clean, and melt remaining 2 tablespoons butter over medium-low heat.
- ☐ Add remaining 1/8 teaspoon pepper, cream cheese, and remaining ingredients, stirring until smooth.
- ☐ Pour sauce over fillets.
- ☐ * Baby Swiss cheese may be substituted for fontina cheese.

Nutrition Facts



Properties

Glycemic Index:99.5, Glycemic Load:10.22, Inflammation Score:-9, Nutrition Score:32.620000009951%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg,

Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 716.66kcal (35.83%), Fat: 39.31g (60.48%), Saturated Fat: 14.72g (91.98%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 35.97g (13.08%), Sugar: 6.53g (7.26%), Cholesterol: 208.33mg (69.44%), Sodium: 1057.01mg (45.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.94g (101.88%), Selenium: 90.45µg (129.22%), Vitamin D: 18.61µg (124.04%), Vitamin B12: 6.07µg (101.18%), Phosphorus: 595.49mg (59.55%), Vitamin B6: 0.84mg (42.1%), Vitamin B1: 0.52mg (34.89%), Vitamin A: 1679.21IU (33.58%), Calcium: 313.18mg (31.32%), Vitamin B2: 0.5mg (29.21%), Potassium: 983.89mg (28.11%), Vitamin B5: 2.38mg (23.77%), Magnesium: 86.75mg (21.69%), Manganese: 0.43mg (21.29%), Folate: 84.78µg (21.2%), Vitamin E: 2.92mg (19.48%), Vitamin B3: 3.36mg (16.8%), Iron: 2.9mg (16.11%), Zinc: 2.34mg (15.62%), Vitamin C: 12.44mg (15.08%), Copper: 0.17mg (8.75%), Fiber: 2.06g (8.25%), Vitamin K: 3.63µg (3.46%)