



Red Snapper with Mediterranean Ragout



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 12 olives black pitted
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 3 stalks celery chopped
- ☐ 12 cherry tomatoes halved
- ☐ 0.5 small fennel bulb sliced
- ☐ 2.5 pounds fish bones white (halibut, snapper and/or cod)
- ☐ 1 tablespoon rosemary fresh chopped

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 leek sliced
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion sliced
- ☐ 2 cups onions thinly sliced
- ☐ 0.5 bunch parsley italian
- ☐ 2 tablespoons parsley leaves fresh italian chopped
- ☐ 3 pounds snapper red cut into 6 pieces, skin on and scored
- ☐ 20 cloves roasted garlic
- ☐ 0.5 bunch thyme leaves
- ☐ 12 cups water cold
- ☐ 0.7 cup white wine
- ☐ 1 pound yukon gold potatoes cut into 1/ slices

Equipment

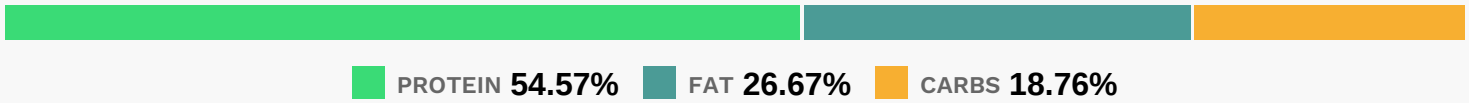
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Special equipment: a rectangular casserole dish
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large oven proof skillet heat the olive oil over medium heat, add the potatoes and cook until tender, about 8 minutes.

- ☐ Add the onions, season with salt and pepper, cover and cook for 5 minutes.
- ☐ Add the white wine, simmer for 1 minute.
- ☐ Add the fish stock and bring to a boil and reduce the liquid by 1/
- ☐ Taste and adjust seasoning, if required. Portion the potatoes and onions into 6 stacks in the skillet.
- ☐ Season the red snapper with salt.
- ☐ Place one fillet, skin side up, on each stack of the potato onion mixture. Scatter the roasted garlic, cherry tomatoes, black olives, thyme, and rosemary around the stacks. Cover the skillet with a lid or foil.
- ☐ Bake for 25 to 30 minutes.
- ☐ Serve in shallow bowls with the cooking juices.
- ☐ Garnish with chopped parsley.
- ☐ Rinse the fish bones thoroughly in several changes of cold water. In a large stock pot place the fish bones and add the cold water. Bring to a slow simmer over medium heat.
- ☐ Skim the surface of foam and impurities to produce a clear, clean, fresh tasting stock.
- ☐ Add the leek, fennel, onion, celery, parsley, thyme, peppercorns, and bay leaves. Reduce the heat to medium-low and simmer for 20 minutes.
- ☐ Strain the stock and cool. Store the stock in the refrigerator for up to 4 days or in the freezer for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:84.96, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:48.089999613555%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 13.76mg, Apigenin: 13.76mg, Apigenin: 13.76mg, Apigenin: 13.76mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg

Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg

Nutrients (% of daily need)

Calories: 671.66kcal (33.58%), Fat: 19.28g (29.66%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 25.09g (9.13%), Sugar: 6.26g (6.95%), Cholesterol: 178.41mg (59.47%), Sodium: 438.97mg (19.09%), Alcohol: 2.75g (100%), Alcohol %: 0.29% (100%), Protein: 88.76g (177.53%), Selenium: 168.27µg (240.39%), Vitamin D: 28.99µg (193.28%), Vitamin B12: 9.79µg (163.17%), Vitamin K: 138.34µg (131.75%), Phosphorus: 889.34mg (88.93%), Vitamin B6: 1.76mg (87.88%), Potassium: 2284.37mg (65.27%), Vitamin C: 51.4mg (62.3%), Vitamin B3: 9.58mg (47.89%), Magnesium: 179.47mg (44.87%), Manganese: 0.78mg (39.23%), Vitamin E: 5.44mg (36.29%), Vitamin B5: 3.2mg (32.02%), Folate: 119.31µg (29.83%), Vitamin A: 1459.56IU (29.19%), Copper: 0.52mg (26.15%), Iron: 4.19mg (23.3%), Vitamin B1: 0.33mg (21.98%), Fiber: 5.42g (21.7%), Calcium: 207.25mg (20.72%), Zinc: 2.22mg (14.82%), Vitamin B2: 0.23mg (13.7%)