

## Redfish Court-bouillon

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



12

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 0.5 cup celery chopped
- 0.3 teaspoon basil dried
- 0.3 teaspoon thyme leaves dried
- 0.5 cup flour all-purpose
- 4 cloves garlic chopped
- 0.5 cup olive oil
- 0.3 cup onion chopped

- 0.3 teaspoon oregano dried
- 0.3 teaspoon pepper
- 4 pounds snapper fillets red
- 0.3 teaspoon salt
- 48 ounce stewed tomatoes canned

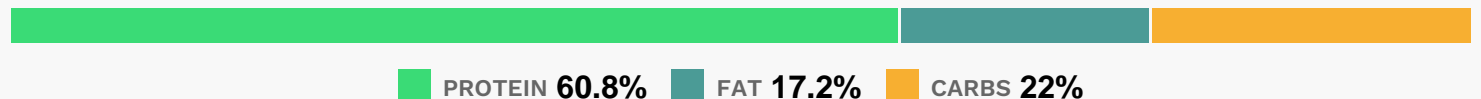
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Mix together the olive oil and flour in a saucepan over medium heat to make a roux. Cook, stirring constantly, for about 15 minutes or until dark. This may take longer.
- Add the onion, garlic, and celery to the roux, and cook until softened. Stir in stewed tomatoes, and season with salt, pepper, thyme, basil, oregano and bay leaf.
- Mix until well blended and heated through.
- Lay fish fillets in the bottom of a baking dish large enough to hold them in a single layer.
- Pour the sauce over the fish.
- Bake uncovered for 30 minutes in the preheated oven, or until fish is easily pierced with a fork. While cooking, baste occasionally with the sauce.
- Remove bay leaf, and serve.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:3.06, Inflammation Score:-6, Nutrition Score:22.063043407772%

## Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## **Nutrients (% of daily need)**

Calories: 219.31kcal (10.97%), Fat: 4.1g (6.33%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 10.38g (3.77%), Sugar: 4.22g (4.68%), Cholesterol: 55.94mg (18.65%), Sodium: 399.68mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.73g (65.45%), Vitamin D: 15.42µg (102.81%), Selenium: 60.38µg (86.26%), Vitamin B12: 4.54µg (75.6%), Phosphorus: 331.42mg (33.14%), Vitamin B6: 0.65mg (32.35%), Potassium: 892.49mg (25.5%), Vitamin E: 2.68mg (17.86%), Magnesium: 64.57mg (16.14%), Vitamin C: 12.08mg (14.65%), Vitamin B5: 1.31mg (13.08%), Iron: 2.13mg (11.85%), Vitamin B1: 0.17mg (11.15%), Calcium: 93.81mg (9.38%), Copper: 0.18mg (9.21%), Manganese: 0.16mg (7.97%), Vitamin B3: 1.58mg (7.88%), Vitamin A: 376.76IU (7.54%), Folate: 25.18µg (6.3%), Vitamin K: 6.28µg (5.98%), Fiber: 1.47g (5.86%), Zinc: 0.8mg (5.34%), Vitamin B2: 0.08mg (4.41%)