



Roasted Sarandeado-Style Whole Snapper



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 6-inch corn tortillas
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon bottled hot sauce recommended: Huichol
- ☐ 2 limes halved for serving
- ☐ 1 cranberry-orange relish
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 1.5 pounds thai snapper whole cleaned
- ☐ 1 tablespoon tomato bouillon

☐ 8 tablespoons butter unsalted cold divided cubed 1 stick

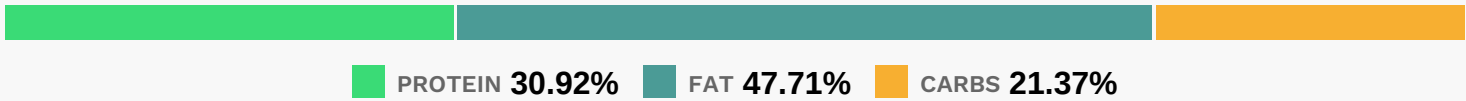
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven to 350 degrees F. Line a large baking sheet with foil and dot with 2 tablespoons butter.
- ☐ Butterfly the fish by cutting almost in half horizontally and opening like a book. Carefully cut and remove the spine.
- ☐ Place the fish, skin-side down, on the foil.
- ☐ Roll up the edges of the foil to come close to the edge of the fish to prevent the juices from spilling onto the baking sheet.
- ☐ Sprinkle the fish with salt and pepper.
- ☐ Sprinkle the fish with the garlic powder and then with the tomato bouillon.
- ☐ Drizzle the fish with the hot sauce and then squeeze the limes over.
- ☐ Cut and squeeze the orange juice all over the fish. Then, using the flesh side of the orange, brush the fish all over to form a wet paste on top of the fish. Dot the fish with the remaining butter.
- ☐ Bake the fish until just cooked through, about 15 minutes. Turn on the broiler and broil until browned, 8 to 10 minutes.
- ☐ Serve with warm tortillas to make tacos and lime wedges for squeezing over the fish.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:19.57, Inflammation Score:-9, Nutrition Score:41.033478280772%

Flavonoids

Hesperetin: 46.66mg, Hesperetin: 46.66mg, Hesperetin: 46.66mg, Hesperetin: 46.66mg Naringenin: 12.36mg, Naringenin: 12.36mg, Naringenin: 12.36mg, Naringenin: 12.36mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 977.68kcal (48.88%), Fat: 52.47g (80.72%), Saturated Fat: 30.13g (188.3%), Carbohydrates: 52.88g (17.63%), Net Carbohydrates: 44.04g (16.01%), Sugar: 8.29g (9.22%), Cholesterol: 246.27mg (82.09%), Sodium: 315.97mg (13.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.53g (153.06%), Vitamin D: 35.54µg (236.93%), Selenium: 136.83µg (195.47%), Vitamin B12: 10.3µg (171.68%), Phosphorus: 971.89mg (97.19%), Vitamin B6: 1.68mg (83.84%), Vitamin C: 62.34mg (75.57%), Potassium: 1833.48mg (52.39%), Magnesium: 180.88mg (45.22%), Vitamin A: 2007.85IU (40.16%), Fiber: 8.84g (35.37%), Vitamin E: 5.12mg (34.13%), Vitamin B5: 3.05mg (30.47%), Calcium: 238.29mg (23.83%), Vitamin B1: 0.33mg (22.04%), Manganese: 0.38mg (19.19%), Zinc: 2.55mg (17.01%), Copper: 0.32mg (16.25%), Iron: 2.32mg (12.87%), Vitamin B3: 2.56mg (12.8%), Folate: 50.73µg (12.68%), Vitamin B2: 0.13mg (7.55%), Vitamin K: 5.47µg (5.21%)