



## Roasted Snapper with Artichokes and Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 large artichokes with stems attached (10 to 12 oz each)
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 5 tablespoons juice of lemon fresh juiced (from 2 lemons)
- ☐ 6 tablespoons olive oil extra-virgin

### Equipment

- ☐ bowl
- ☐ oven
- ☐ knife


- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula
- ☐ peeler

## Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Stir 2 tablespoons lemon juice into a large bowl half filled with cool water, then drop in juiced lemons.
- ☐ Cut 1 inch off top of 1 artichoke with a knife. Bend back outer leaves until they snap off close to base, then discard several more layers of leaves in same manner until you reach pale yellow leaves with pale green tips. (Dip artichoke in lemon water occasionally to limit discoloration.)
- ☐ Cut remaining leaves flush with top of artichoke bottom using a sharp knife, then remove choke by pulling out purple leaves and scraping out fuzzy layer with a spoon or melon-ball cutter. Trim 1/4 inch from end of stem, then trim base and side of stem with a vegetable peeler or sharp knife. Drop artichoke into lemon water. Trim remaining 3 artichokes in same manner.
- ☐ Drain artichokes, pat dry, and cut each into 6 wedges. Arrange artichokes in 1 layer in a 13- by 9-inch glass or ceramic baking dish. Stir together 3 tablespoons oil, 2 tablespoons lemon juice, 1/4 teaspoon salt, and 1/8 teaspoon black pepper in a small bowl and pour over artichokes, turning to coat. Cover dish with foil and roast, turning artichokes over once or twice, until just tender, 20 to 25 minutes. Leave oven on.
- ☐ While artichokes are roasting, rub fish with 1 tablespoon oil and sprinkle all over with 3/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Remove foil from baking dish and arrange fillets, skin sides up, in 1 layer on top of artichokes. Roast, uncovered, until fillets are just cooked through, about 9 minutes. Divide fish and artichokes among 4 plates using a spatula, reserving pan juices. Stir together remaining 2 tablespoons oil, remaining tablespoon lemon juice, tarragon, and reserved pan juices and drizzle over fish.
- ☐ Artichokes can be trimmed 1 day ahead and chilled in lemon water, covered.

## Nutrition Facts



 **PROTEIN 7.88%**  **FAT 65.87%**  **CARBS 26.25%**

Properties

Glycemic Index:25.5, Glycemic Load:3.17, Inflammation Score:-7, Nutrition Score:14.76217401546%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 20.51mg, Naringenin: 20.51mg, Naringenin: 20.51mg, Naringenin: 20.51mg Apigenin: 12.14mg, Apigenin: 12.14mg, Apigenin: 12.14mg, Apigenin: 12.14mg Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 271.07kcal (13.55%), Fat: 21.41g (32.95%), Saturated Fat: 3g (18.73%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 10.27g (3.73%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 153.97mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Fiber: 8.93g (35.74%), Vitamin K: 36.62µg (34.87%), Vitamin C: 27.09mg (32.83%), Folate: 118.71µg (29.68%), Manganese: 0.56mg (27.82%), Magnesium: 104.4mg (26.1%), Vitamin E: 3.36mg (22.4%), Copper: 0.39mg (19.45%), Potassium: 671.77mg (19.19%), Iron: 2.77mg (15.4%), Phosphorus: 152.78mg (15.28%), Vitamin B6: 0.24mg (11.94%), Vitamin B3: 1.87mg (9.34%), Calcium: 92.55mg (9.25%), Vitamin B1: 0.13mg (8.37%), Vitamin B2: 0.13mg (7.83%), Zinc: 0.87mg (5.81%), Vitamin B5: 0.57mg (5.72%), Vitamin A: 95.68IU (1.91%)