



HEALTH SCORE

80%

Roasted Whole Snapper



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



16

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 6 garlic cloves peeled
- ☐ 0.5 cup green onions sliced (1-inch)
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup juice of lime fresh (8 limes)

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 large onions cut into 8 wedges
- ☐ 0.5 cup orange juice fresh (2 oranges)
- ☐ 8 pound snapper whole red cleaned (head and tail intact)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon teaspoon thyme dried fresh chopped
- ☐ 2 large tomatoes ripe cut into 8 wedges
- ☐ 1 cup water

Equipment

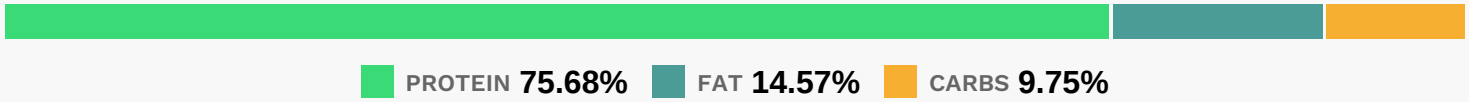
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Score skin of fish in a diamond pattern. To prepare snapper marinade, combine 1 cup lime juice, water, orange juice, and 1 tablespoon salt in an extra-large plastic bag.
- ☐ Add fish; seal and marinate in refrigerator 20 minutes, turning bag once.
- ☐ Remove snapper from bag; discard marinade.
- ☐ Preheat oven to 42
- ☐ To prepare spice rub, combine green onions and the next 9 ingredients (green onions through garlic cloves) in a food processor or blender, and process until smooth.
- ☐ Spread spice rub evenly over both sides of fish.

- ☐
- Place fish on a rack coated with cooking spray.
- ☐
- Place tomato wedges, onion wedges, and wine in a shallow roasting pan, and place rack with fish over vegetables in pan. Cover with foil; bake at 425 for 30 minutes. Uncover; bake an additional 45 minutes or until fish flakes easily when tested with a fork.
- ☐
- Remove skin from top side of fish; discard skin.
- ☐
- Remove tomato mixture from pan; serve with fish.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:25.745652053667%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 269.8kcal (13.49%), Fat: 4.04g (6.22%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.2g (1.89%), Sugar: 2.57g (2.85%), Cholesterol: 83.91mg (27.97%), Sodium: 658.73mg (28.64%), Alcohol: 1.54g (100%), Alcohol %: 0.59% (100%), Protein: 47.24g (94.47%), Vitamin D: 23.13µg (154.22%), Selenium: 86.96µg (124.22%), Vitamin B12: 6.8µg (113.4%), Vitamin B6: 0.98mg (49.19%), Phosphorus: 470.19mg (47.02%), Potassium: 1093.45mg (31.24%), Vitamin C: 19.46mg (23.59%), Magnesium: 82.87mg (20.72%), Vitamin B5: 1.8mg (18%), Vitamin K: 17.56µg (16.72%), Vitamin E: 2.5mg (16.68%), Vitamin A: 561.96IU (11.24%), Vitamin B1: 0.14mg (9.21%), Calcium: 91.86mg (9.19%), Manganese: 0.14mg (7.06%), Zinc: 0.97mg (6.44%), Folate: 25.54µg (6.39%), Copper: 0.11mg (5.28%), Vitamin B3: 0.92mg (4.58%), Iron: 0.77mg (4.29%), Fiber: 0.89g (3.55%), Vitamin B2: 0.03mg (1.76%)