



 **74%**
HEALTH SCORE

Roman-esco (Italian Romesco) with Red Snapper

 Dairy Free  Very Healthy

READY IN



33 min.

SERVINGS



4

CALORIES



435 kcal

SAUCE

Ingredients

- 2 tablespoons aged balsamic vinegar
- 2 slices bread stale
- 4 servings flour for dredging
- 1 sprig rosemary fresh finely chopped
- 1 clove garlic grated finely chopped
- 0.3 cup olive oil plus 2 tablespoons extra-virgin
- 9 servings parsley leaves

- 3 tablespoons pinenuts toasted
- 1 large plum tomatoes coarsely chopped
- 1 jar roasted peppers red
- 4 servings salt and pepper black freshly ground
- 24 ounces filets of snapper red

Equipment

- food processor
- frying pan

Directions

- Place peppers and coarsely chopped tomato in food processor with bread, pine nuts, garlic, rosemary, chopped parsley and vinegar. Turn processor on and stream in 1/4 to 1/3 cup extra-virgin olive oil to form a thick sauce.
- Place 2 tablespoons olive oil into a shallow saute pan and add the rosemary sprig. This will infuse the oil before adding the fish.
- Season snapper with salt and pepper and score skin side with cross hatches. Dredge the fish in flour and cook in the rosemary-infused olive oil for 7 to 8 minutes until crispy and golden on both sides.
- Serve fish in a pool of the sauce.

Nutrition Facts



Properties

Glycemic Index:78.92, Glycemic Load:8.72, Inflammation Score:-9, Nutrition Score:36.817391582157%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 19.4mg, Apigenin: 19.4mg, Apigenin: 19.4mg, Apigenin: 19.4mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 435.34kcal (21.77%), Fat: 21.98g (33.82%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 16.94g (6.16%), Sugar: 2.78g (3.09%), Cholesterol: 62.94mg (20.98%), Sodium: 1347.11mg (58.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.74%), Vitamin K: 162.05µg (154.33%), Vitamin D: 17.35µg (115.67%), Selenium: 71.98µg (102.83%), Vitamin B12: 5.1µg (85.05%), Vitamin C: 56.67mg (68.69%), Manganese: 1.1mg (55.22%), Vitamin B6: 0.89mg (44.39%), Phosphorus: 434.86mg (43.49%), Vitamin A: 1513.38IU (30.27%), Vitamin E: 4.46mg (29.74%), Potassium: 1006.14mg (28.75%), Magnesium: 97.54mg (24.39%), Vitamin B1: 0.26mg (17.22%), Iron: 3.01mg (16.72%), Folate: 66.35µg (16.59%), Copper: 0.32mg (15.85%), Vitamin B5: 1.53mg (15.35%), Vitamin B3: 2.72mg (13.61%), Calcium: 127.25mg (12.73%), Zinc: 1.59mg (10.58%), Fiber: 2.59g (10.35%), Vitamin B2: 0.13mg (7.81%)