

Salsa Snapper

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chiles green chopped canned
- ☐ 3 medium ears corn fresh
- ☐ 0.8 cup cilantro leaves fresh divided minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 0.5 cup purple onion chopped

- ☐ 16 ounce snapper fillets red
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes seeded chopped

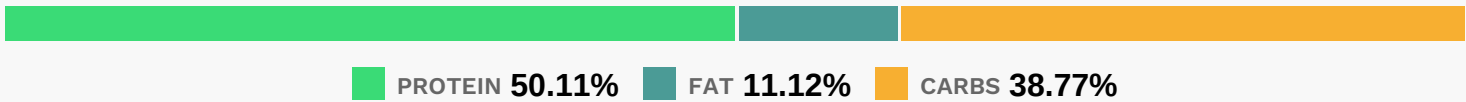
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Remove husks and silks from corn. Coat 3 large pieces of heavy-duty aluminum foil with cooking spray. Wrap each ear in a piece of foil. Twist foil at each end.
- ☐ Bake at 500 for 20 minutes.
- ☐ Remove from oven and let cool slightly.
- ☐ Cut corn from cob, and place in a medium bowl.
- ☐ Add tomato, onion, 1/2 cup cilantro, and next 3 ingredients; stir well.
- ☐ Place 1 fish fillet on each of 4 additional large pieces of heavy-duty aluminum foil coated with cooking spray.
- ☐ Combine yogurt, garlic powder, and salt; spread evenly on both sides of fillets.
- ☐ Let stand 15 minutes.
- ☐ Spoon corn mixture evenly onto fillets. Wrap each fillet securely, sealing edges.
- ☐ Bake at 450 for 20 to 25 minutes. Unwrap fillets; sprinkle with remaining 1/4 cup cilantro.
- ☐ Serve with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:22.150000240492%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 219.92kcal (11%), Fat: 2.8g (4.31%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 19.05g (6.93%), Sugar: 9.07g (10.08%), Cholesterol: 42.57mg (14.19%), Sodium: 383.08mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.41g (56.82%), Vitamin D: 11.57µg (77.11%), Selenium: 45.19µg (64.55%), Vitamin B12: 3.59µg (59.81%), Phosphorus: 362.13mg (36.21%), Vitamin B6: 0.64mg (32.08%), Vitamin C: 25.88mg (31.37%), Potassium: 932.27mg (26.64%), Magnesium: 79.04mg (19.76%), Folate: 68.61µg (17.15%), Vitamin B5: 1.7mg (17.02%), Vitamin A: 816.94IU (16.34%), Vitamin B1: 0.22mg (14.4%), Vitamin K: 12.76µg (12.16%), Calcium: 120.25mg (12.03%), Fiber: 2.93g (11.73%), Manganese: 0.23mg (11.35%), Vitamin B3: 2.18mg (10.9%), Vitamin E: 1.43mg (9.56%), Vitamin B2: 0.14mg (8.5%), Zinc: 1.21mg (8.07%), Iron: 1.23mg (6.84%), Copper: 0.12mg (5.87%)