



HEALTH SCORE

64%

Salt-Roasted Whole Red Snapper



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 egg whites



6 pound kosher salt



1 optional: lemon sliced



4 rosemary sprigs



3.5 pound yellowtail snapper fillets whole white cleaned

Equipment



bowl



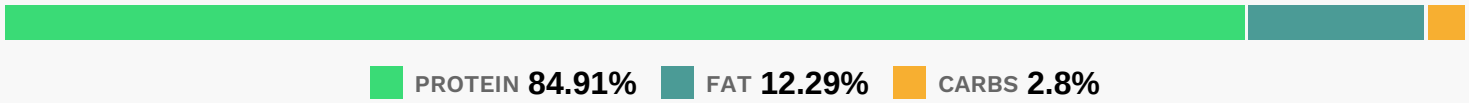
baking sheet

- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 40
- ☐ Stuff fish with sliced lemons and rosemary.
- ☐ Combine kosher salt, egg whites, and 1/2 cup water in a large bowl. Line a large, rimmed baking sheet with aluminum foil or parchment paper.
- ☐ Spread one-third of the salt mixture on the lined baking sheet. Top with fish; cover with remaining salt mixture.
- ☐ Bake fish 40 to 50 minutes. Crack salt layer with a hammer or meat mallet, and remove. Peel back fish skin; carefully remove meat, discarding skin and bones.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:34.337391433509%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 420.65kcal (21.03%), Fat: 5.47g (8.41%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2g (0.73%), Sugar: 0.89g (0.99%), Cholesterol: 146.85mg (48.95%), Sodium: 264009.41mg (11478.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.97g (169.95%), Vitamin D: 40.48µg (269.89%), Selenium: 158.41µg (226.29%), Vitamin B12: 11.93µg (198.9%), Vitamin B6: 1.61mg (80.62%), Phosphorus: 794.74mg (79.47%), Potassium: 1796.59mg (51.33%), Manganese: 0.75mg (37.26%), Magnesium: 139.49mg (34.87%), Vitamin B5: 3.09mg (30.85%), Calcium: 300.7mg (30.07%), Vitamin E: 3.85mg (25.67%), Vitamin C: 20.72mg (25.12%), Iron:

3.17mg (17.64%), Copper: 0.33mg (16.63%), Zinc: 2.14mg (14.25%), Vitamin B1: 0.2mg (13.01%), Vitamin B2: 0.15mg (8.79%), Vitamin A: 429.77IU (8.6%), Folate: 24.32µg (6.08%), Vitamin B3: 1.19mg (5.93%), Fiber: 0.8g (3.19%)