



HEALTH SCORE

100%

Sauteed Red Snapper Fillets with Fennel and Orange



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings fennel bulb chopped
- ☐ 1 large fennel bulb for garnish and stalks discarded (sometimes called anise)
- ☐ 0.5 teaspoon fennel seeds finely chopped
- ☐ 1 teaspoon juice of lemon fresh to taste
- ☐ 1 navel oranges
- ☐ 2.5 tablespoons olive oil
- ☐ 12 oz snapper red with skin

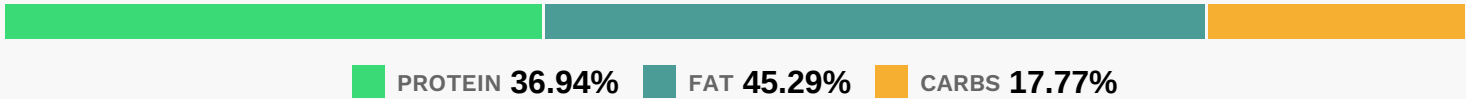
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ Cut peel and white pith from orange with a sharp knife, then cut sections free from membranes. Squeeze 1 to 2 tablespoons juice from membranes before discarding and reserve.
- ☐ Cut sections into 1/4-inch dice and reserve separately.
- ☐ Quarter fennel bulb lengthwise and cut out and discard core.
- ☐ Cut quarters lengthwise into 3/4-inch-thick slices.
- ☐ Heat 1 1/2 tablespoons oil in a heavy skillet over moderately high heat until hot but not smoking, then sauté fennel with fennel seed and salt and pepper to taste, stirring, until edges are browned and fennel is wilted, about 10 minutes. Cook fennel over moderately low heat, covered, stirring occasionally, until tender, about 8 minutes more. Stir in reserved orange juice.
- ☐ While fennel cooks, pat fish dry and season with salt and pepper.
- ☐ Heat remaining tablespoon oil in a 9- to 10-inch nonstick skillet over moderately high heat until just starting to smoke, then sauté fish, skin sides down, until skins are golden, about 3 minutes. Turn fish over and sauté until just cooked through, about 3 minutes more.
- ☐ Sprinkle fish with lemon juice and serve, skin sides up, on top of fennel and orange dice.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:2.23, Inflammation Score:-8, Nutrition Score:32.356522124747%

Flavonoids

Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 15.67mg, Hesperetin: 15.67mg, Hesperetin: 15.67mg, Hesperetin: 15.67mg Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 397.95kcal (19.9%), Fat: 20.2g (31.08%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 12.42g (4.52%), Sugar: 10.65g (11.83%), Cholesterol: 62.94mg (20.98%), Sodium: 171.74mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.07g (74.15%), Vitamin D: 17.35µg (115.67%), Selenium: 65.81µg (94.01%), Vitamin B12: 5.1µg (85.05%), Vitamin K: 84.81µg (80.77%), Vitamin C: 59.32mg (71.91%), Phosphorus: 414.53mg (41.45%), Vitamin B6: 0.79mg (39.73%), Potassium: 1325.25mg (37.86%), Vitamin E: 4.95mg (32.97%), Fiber: 5.4g (21.62%), Magnesium: 84.27mg (21.07%), Vitamin B5: 1.74mg (17.35%), Folate: 64.66µg (16.17%), Manganese: 0.3mg (15.04%), Calcium: 148.66mg (14.87%), Vitamin A: 512.15IU (10.24%), Vitamin B1: 0.14mg (9.35%), Iron: 1.45mg (8.06%), Copper: 0.16mg (7.93%), Vitamin B3: 1.57mg (7.84%), Zinc: 0.92mg (6.16%), Vitamin B2: 0.08mg (4.75%)