



HEALTH SCORE

100%

Sautéed Snapper with Plum Tomatoes and Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 cups baby spinach



0.3 teaspoon pepper black



2 teaspoons bottled garlic minced



0.3 cup wine dry white



1 tablespoon olive oil divided



1.5 cups plum tomatoes diced (6 tomatoes)



0.3 teaspoon salt

☐ 24 ounce snapper

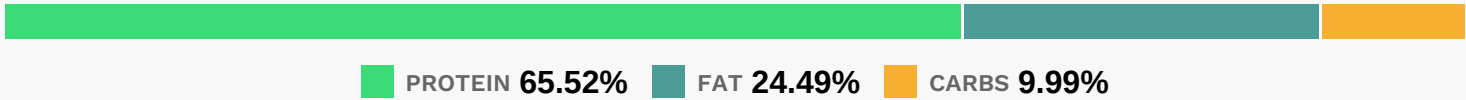
Equipment

☐ frying pan

Directions

- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish evenly with salt and pepper.
- ☐ Add fish to pan; cook 2 minutes on each side.
- ☐ Remove fish from pan.
- ☐ Heat remaining 1 1/2 teaspoons olive oil in pan over medium-high heat.
- ☐ Add tomato and garlic; saut 1 minute. Stir in wine; simmer 2 minutes.
- ☐ Add spinach to pan; cook for 1 minute or just until spinach wilts. Return fish to pan. Spoon tomato mixture over fish; cook 1 minute or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:31.429130595663%

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 Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 238.52kcal (11.93%), Fat: 6.06g (9.32%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 3.92g (1.43%), Sugar: 2.6g (2.89%), Cholesterol: 62.94mg (20.98%), Sodium: 277.69mg (12.07%),

Alcohol: 1.54g (100%), Alcohol %: 0.65% (100%), Protein: 36.49g (72.99%), Vitamin D: 17.35µg (115.67%), Vitamin K: 118.27µg (112.64%), Selenium: 65.58µg (93.68%), Vitamin B12: 5.1µg (85.05%), Vitamin A: 3030.08IU (60.6%), Vitamin B6: 0.83mg (41.71%), Phosphorus: 375.83mg (37.58%), Potassium: 1067.52mg (30.5%), Vitamin C: 21.98mg (26.64%), Magnesium: 84.31mg (21.08%), Vitamin E: 3.08mg (20.51%), Manganese: 0.4mg (20.04%), Folate: 65.71µg (16.43%), Vitamin B5: 1.39mg (13.93%), Calcium: 92.13mg (9.21%), Vitamin B1: 0.13mg (8.97%), Iron: 1.27mg (7.06%), Copper: 0.14mg (6.95%), Fiber: 1.64g (6.58%), Zinc: 0.93mg (6.21%), Vitamin B3: 1.21mg (6.04%), Vitamin B2: 0.07mg (4.1%)