

Seared Snapper Provençale



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 cups grape tomatoes halved
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 24 ounce snapper fillets red
- ☐ 0.5 cup bottled roasted bell peppers red chopped

- ☐ 4 servings try build-a-meal
- ☐ 0.3 teaspoon salt divided
- ☐ 2 tablespoons shallots chopped

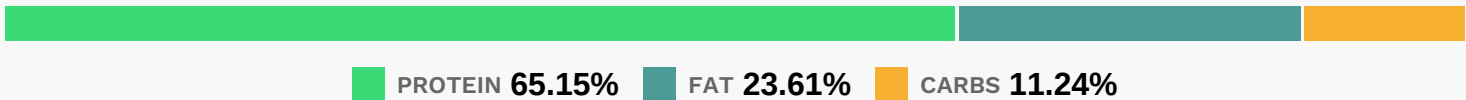
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a bowl; sprinkle with 1/8 teaspoon salt. Toss well.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle fish with remaining 1/8 teaspoon salt and pepper.
- ☐ Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.33, Inflammation Score:-8, Nutrition Score:24.339130422343%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 227.59kcal (11.38%), Fat: 5.82g (8.95%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 4.41g (1.6%), Sugar: 3.01g (3.35%), Cholesterol: 62.94mg (20.98%), Sodium: 630.78mg (27.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.11g (72.23%), Vitamin D: 17.35µg (115.67%), Selenium: 65.69µg (93.84%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.8mg (39.88%), Phosphorus: 369.63mg (36.96%), Potassium: 949.58mg (27.13%), Vitamin C: 21.74mg (26.35%), Vitamin A: 1005.17IU (20.1%), Vitamin E: 2.67mg (17.83%),

Magnesium: 70.67mg (17.67%), Vitamin B5: 1.38mg (13.85%), Vitamin K: 13.91µg (13.24%), Manganese: 0.26mg (12.77%), Calcium: 80.25mg (8.03%), Vitamin B1: 0.12mg (7.91%), Fiber: 1.82g (7.3%), Copper: 0.14mg (7.22%), Folate: 25.62µg (6.41%), Zinc: 0.87mg (5.78%), Vitamin B3: 1.12mg (5.61%), Iron: 0.91mg (5.08%), Vitamin B2: 0.03mg (1.79%)