



Snapper Crudo with Chiles and Sesame



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pepper flakes seeded chopped
- ☐ 1 leaves cilantro leaves fresh (for serving)
- ☐ 8 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 8 servings olive oil extra virgin extra-virgin (for serving)
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon orange zest finely grated

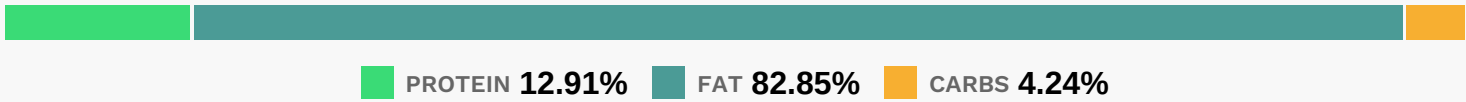
- ☐ 8 ounces sea bream skinless halved lengthwise very thinly sliced
- ☐ 8 servings sea salt (such as Maldon)
- ☐ 1 teaspoon sesame seed toasted

Equipment

Directions

- ☐ Pulse chiles, orange zest, orange juice,lemon zest, and lemon juice in afood processor until very finely chopped;season chile paste with kosher salt.
- ☐ Arrange snapper on chilled plates. Topwith chile paste and cilantro, drizzle with oil,and sprinkle with sesame seeds and sea salt.
- ☐ DO AHEAD: Chile paste can be made4 hours ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:2.9256521528182%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 160.76kcal (8.04%), Fat: 15.01g (23.09%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.46g (0.53%), Sugar: 1.01g (1.13%), Cholesterol: 0mg (0%), Sodium: 417.39mg (18.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin C: 19.71mg (23.89%), Vitamin E: 2.1mg (14.02%), Vitamin K: 10.39µg (9.9%), Vitamin B6: 0.06mg (3.13%), Vitamin A: 125.35IU (2.51%), Manganese: 0.03mg (1.48%), Potassium: 49.63mg (1.42%), Copper: 0.03mg (1.4%), Iron: 0.25mg (1.39%), Folate: 4.66µg (1.17%), Fiber: 0.27g (1.08%), Magnesium: 4.18mg (1.05%)