



Snapper Gratin Supreme

READY IN



45 min.

SERVINGS



4

CALORIES



699 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup breadcrumbs soft
- ☐ 0.5 cup celery minced
- ☐ 0.5 cup chablis wine dry white
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup flour all-purpose
- ☐ 6 cups mushrooms fresh sliced
- ☐ 0.5 cup parsley fresh minced
- ☐ 2 tablespoons green onions minced
- ☐ 0.1 teaspoon ground pepper white

- ☐ 1.5 tablespoons juice of lemon fresh divided
- ☐ 0.5 cup butter divided melted
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 pound snapper fillets red
- ☐ 1 teaspoon salt divided
- ☐ 2 ounces cheddar cheese shredded
- ☐ 0.5 cup water
- ☐ 0.8 cup whipping cream

Equipment

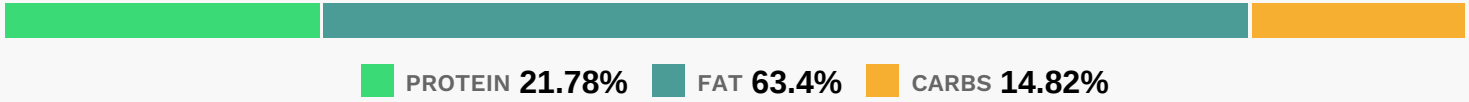
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Rinse fillets, and pat dry; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place in a greased 13- x 9- x 2-inch baking dish.
- ☐ Combine wine and water; pour over fillets.
- ☐ Bake, uncovered, at 400 for 12 minutes.
- ☐ Drain, pouring liquid into a glass measure; let solids settle. Reserve 1/2 cup clear liquid.
- ☐ Saute mushrooms in 2 tablespoons margarine and 1 tablespoon lemon juice 3 minutes or until tender. Stir in 1/4 teaspoon salt and 1/8 teaspoon pepper. Spoon over fillets.
- ☐ Saute celery, green onions, and crushed red pepper in 1/4 cup margarine in a saucepan over medium-high heat until tender.
- ☐ Add flour, stirring until smooth. Cook 1 minute, stirring constantly.
- ☐ Add whipping cream and 1/2 cup reserved liquid; cook over medium heat, stirring constantly, 1 minute or until thickened.

- ☐ Remove from heat; stir in parsley, white pepper, 1/2 tablespoon lemon juice, and 1/4 teaspoon salt. Spoon over vegetables and fillets; sprinkle with cheeses.
- ☐ Combine 2 tablespoons margarine and breadcrumbs; sprinkle over casserole.
- ☐ Bake at 400 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:5.76, Inflammation Score:-9, Nutrition Score:37.861739034238%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 16.52mg, Apigenin: 16.52mg, Apigenin: 16.52mg, Apigenin: 16.52mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 699kcal (34.95%), Fat: 48.45g (74.53%), Saturated Fat: 19.29g (120.54%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 22.57g (8.21%), Sugar: 5.81g (6.45%), Cholesterol: 112mg (37.33%), Sodium: 1261.73mg (54.86%), Alcohol: 3.09g (100%), Alcohol %: 0.85% (100%), Protein: 37.44g (74.88%), Vitamin K: 136.37µg (129.88%), Selenium: 70.45µg (100.64%), Vitamin D: 12.68µg (84.57%), Vitamin B12: 3.84µg (64.02%), Vitamin A: 2744.08IU (54.88%), Phosphorus: 531.16mg (53.12%), Vitamin B2: 0.88mg (51.63%), Vitamin B3: 7.13mg (35.67%), Vitamin B6: 0.69mg (34.74%), Vitamin B5: 3.42mg (34.19%), Potassium: 1157.18mg (33.06%), Copper: 0.58mg (28.86%), Calcium: 283.17mg (28.32%), Vitamin B1: 0.39mg (26.16%), Vitamin C: 18.28mg (22.16%), Folate: 83.68µg (20.92%), Magnesium: 76.71mg (19.18%), Manganese: 0.36mg (18.14%), Vitamin E: 2.71mg (18.08%), Zinc: 2.47mg (16.44%), Iron: 2.71mg (15.04%), Fiber: 2.91g (11.64%)