



Snapper in Habanero Broth



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup bottled clam juice
- ☐ 1 teaspoon ground mustard dry
- ☐ 1.5 teaspoons thyme sprigs fresh chopped
- ☐ 2 garlic clove crushed
- ☐ 0.5 scotch bonnet peppers whole seeded
- ☐ 1 tablespoon honey
- ☐ 1 cup beef broth fat-free

- ☐ 1.5 cups bell pepper red thinly sliced
- ☐ 0.8 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce snapper skinless black
- ☐ 1 tablespoon tomato paste
- ☐ 1 small onion yellow quartered

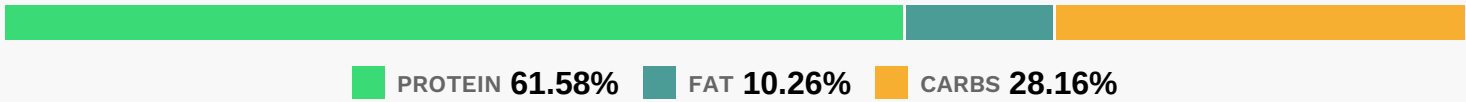
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 4 ingredients in a small bowl.
- ☐ Sprinkle fish evenly with thyme mixture.
- ☐ Place broth and next 4 ingredients (through habanero) in a large saut pan over medium-high heat; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Discard onion and habanero.
- ☐ Add fish; cover and simmer 10 minutes or until fish flakes easily with a fork. Carefully remove fish from the pan; keep warm.
- ☐ Add bell pepper and remaining ingredients to cooking liquid in pan; cover and cook 5 minutes or until vegetables are tender. Top fish with sauce.

Nutrition Facts



Properties

Glycemic Index:83.82, Glycemic Load:4.45, Inflammation Score:-10, Nutrition Score:29.542173686235%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.8mg, Quercetin: 9.8mg,

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Nutrients (% of daily need)

Calories: 247.47kcal (12.37%), Fat: 2.79g (4.29%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 14.66g (5.33%), Sugar: 10.25g (11.39%), Cholesterol: 62.94mg (20.98%), Sodium: 507.75mg (22.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.65g (75.29%), Vitamin D: 17.35µg (115.67%), Vitamin C: 83.64mg (101.38%), Selenium: 66.92µg (95.59%), Vitamin B12: 5.11µg (85.2%), Vitamin B6: 0.96mg (47.91%), Vitamin A: 2084.95IU (41.7%), Phosphorus: 380.04mg (38%), Potassium: 1107.81mg (31.65%), Vitamin E: 2.77mg (18.45%), Magnesium: 73.29mg (18.32%), Vitamin B5: 1.57mg (15.67%), Manganese: 0.26mg (12.83%), Folate: 47.71µg (11.93%), Fiber: 2.55g (10.21%), Vitamin B1: 0.15mg (9.83%), Calcium: 81.84mg (8.18%), Vitamin B3: 1.35mg (6.75%), Zinc: 0.96mg (6.41%), Iron: 1.07mg (5.96%), Copper: 0.12mg (5.88%), Vitamin B2: 0.09mg (5.01%), Vitamin K: 4.19µg (3.99%)