



Snapper in Tomato Broth

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bottled clam juice
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup mint leaves fresh divided chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 5 teaspoons olive oil divided
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup peas green frozen

- ☐ 1 cup plum tomatoes diced (2)
- ☐ 24 ounce snapper

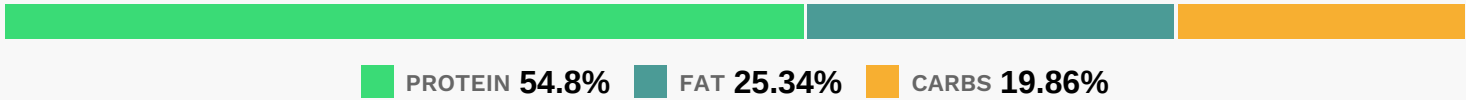
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle salt over fillets. Dredge fillets in flour, shaking off excess.
- ☐ Heat 4 teaspoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add fillets, and cook for 3 minutes on each side or until done.
- ☐ Combine remaining 1 teaspoon olive oil, tomato, clam juice, peas, 2 tablespoons mint, juice, and oregano in pan; bring to a boil. Reduce heat, and simmer for 2 minutes. Spoon about 1/4 cup broth mixture into each of 4 bowls, and top each serving with 1 fillet.
- ☐ Garnish with the remaining 2 tablespoons mint.
- ☐ Sustainable Choice: At the seafood counter, look for Hawaiian gray snapper or Northwest Hawaiian ruby snapper.

Nutrition Facts



Properties

Glycemic Index:40.58, Glycemic Load:3.38, Inflammation Score:-8, Nutrition Score:25.435652069424%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 278.02kcal (13.9%), Fat: 7.64g (11.76%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 11.12g (4.04%), Sugar: 4.17g (4.63%), Cholesterol: 62.94mg (20.98%), Sodium: 565.14mg (24.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.18g (74.37%), Vitamin D: 17.35µg (115.67%), Selenium: 66.77µg (95.38%), Vitamin B12: 5.12µg (85.27%), Vitamin B6: 0.8mg (39.75%), Phosphorus: 382.22mg (38.22%), Vitamin C: 22.64mg (27.45%), Potassium: 960.33mg (27.44%), Vitamin A: 1001.7IU (20.03%), Vitamin E: 2.8mg (18.65%), Magnesium: 73.12mg (18.28%), Vitamin B5: 1.42mg (14.17%), Vitamin K: 13.91µg (13.25%), Vitamin B1: 0.19mg (12.72%), Manganese: 0.25mg (12.52%), Folate: 44.12µg (11.03%), Fiber: 2.36g (9.46%), Calcium: 80.27mg (8.03%), Vitamin B3: 1.6mg (8%), Copper: 0.14mg (7.22%), Zinc: 1.04mg (6.93%), Iron: 1.24mg (6.9%), Vitamin B2: 0.07mg (4.32%)