



HEALTH SCORE

67%

Snapper Piccata



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



14 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers
- ☐ 0.5 cup wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce snapper (3/)

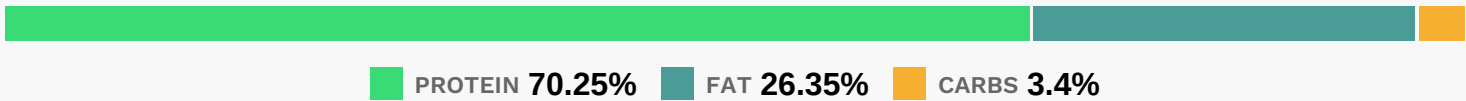
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fillets evenly with salt and pepper.
- ☐ Add fillets to pan, and cook 3 to 4 minutes on each side or until fillets flake easily when tested with a fork.
- ☐ Remove fillets from pan; keep warm.
- ☐ Add wine and juice to pan; bring to a boil. Reduce heat, and simmer 2 minutes or until slightly thick, scraping pan to loosen browned bits. Stir in capers and parsley. Spoon sauce evenly over fillets.
- ☐ Serve with: Parsley-Buttered Pasta

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:21.734348022419%

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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 229.24kcal (11.46%), Fat: 5.85g (9%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.51g (0.57%), Cholesterol: 62.94mg (20.98%), Sodium: 367.75mg (15.99%), Alcohol: 3.09g (100%), Alcohol %: 1.8% (100%), Protein: 35.1g (70.2%), Vitamin D: 17.35µg (115.67%), Selenium:

65.07µg (92.96%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.7mg (35.1%), Vitamin K: 36.39µg (34.65%), Phosphorus: 344.55mg (34.45%), Potassium: 752.74mg (21.51%), Magnesium: 60.42mg (15.1%), Vitamin E: 2.2mg (14.66%), Vitamin B5: 1.31mg (13.1%), Vitamin C: 8.46mg (10.25%), Vitamin A: 355.44IU (7.11%), Calcium: 62.62mg (6.26%), Vitamin B1: 0.08mg (5.61%), Zinc: 0.69mg (4.59%), Manganese: 0.08mg (4.04%), Folate: 14.29µg (3.57%), Copper: 0.07mg (3.49%), Iron: 0.62mg (3.43%), Vitamin B3: 0.58mg (2.88%), Vitamin B2: 0.02mg (1.09%)