



## Snapper Provençale

 Gluten Free  Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons capers
- 2 tablespoons basil fresh chopped
- 2 garlic clove minced
- 0.3 cup kalamata olives pitted chopped
- 0.5 teaspoon kosher salt
- 0.5 cup mushrooms sliced
- 1 tablespoon olive oil divided

- 0.5 cup onion chopped ( )
- 24 ounce fish fillet white firm
- 1 large tomatoes chopped

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 42
- Place fish in an 11 x 7-inch baking dish coated with cooking spray; drizzle with 1 tablespoon oil, and sprinkle with salt and pepper.
- Bake at 425 for 20 minutes or until fish flakes easily when tested with a fork.
- While fish bakes, heat remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add onion, mushrooms, and garlic; saut 5 minutes or until tender.
- Add tomato, olives, and capers. Cook, uncovered, 3 minutes or until thoroughly heated, stirring frequently. Spoon mixture over cooked fish, and sprinkle with basil.

## Nutrition Facts

 **PROTEIN 60.69%**  **FAT 30.37%**  **CARBS 8.94%**

## Properties

Glycemic Index:57.25, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:18.969130308732%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

## Nutrients (% of daily need)

Calories: 229.31kcal (11.47%), Fat: 7.89g (12.14%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.36g (2.63%), Cholesterol: 85.05mg (28.35%), Sodium: 625.61mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.96%), Selenium: 72.67µg (103.81%), Vitamin B12: 2.69µg (44.87%), Vitamin B3: 7.43mg (37.17%), Vitamin D: 5.3µg (35.31%), Phosphorus: 320.19mg (32.02%), Potassium: 706.41mg (20.18%), Vitamin B6: 0.37mg (18.64%), Magnesium: 57.71mg (14.43%), Folate: 55.43µg (13.86%), Vitamin K: 13.85µg (13.19%), Vitamin E: 1.8mg (12.03%), Copper: 0.24mg (11.87%), Manganese: 0.22mg (10.93%), Vitamin B5: 1.09mg (10.91%), Vitamin C: 8.79mg (10.65%), Vitamin B2: 0.18mg (10.5%), Vitamin A: 472.35IU (9.45%), Iron: 1.39mg (7.72%), Vitamin B1: 0.11mg (7.44%), Fiber: 1.52g (6.09%), Zinc: 0.78mg (5.2%), Calcium: 38.31mg (3.83%)