



 **100%**  
HEALTH SCORE

## Snapper-Vegetable Gratin

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 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

- 1.5 tablespoons juice of lemon divided
- 1 large bell pepper sweet red chopped
- 1 pound snapper fillets red
- 0.3 teaspoon salt
- 2 ounces cheddar cheese shredded
- 1 cup evaporated skimmed milk divided
- 0.5 cup water
- 2 small zucchini thinly sliced

## Equipment

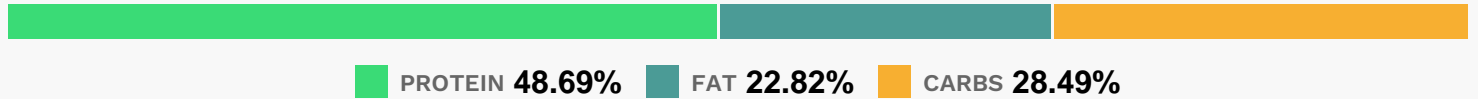
- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Rinse fillets, and pat dry; sprinkle with 1/4 teaspoon black pepper.
- Place in a 13- x 9- x 2-inch baking dish coated with cooking spray.
- 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 3/4 cup clear liquid.
- Coat a nonstick skillet with cooking spray; add 1/4 cup of the reserved liquid and 1 tablespoon lemon juice.
- Place over medium-high heat until hot.
- Add mushrooms; saute 3 minutes.
- Add zucchini and sweet red pepper; saute 3 minutes. Stir in salt and remaining 1/4 teaspoon black pepper. Spoon over fillets.
- Combine 1/4 cup reserved liquid, celery, green onions, and crushed red pepper in a saucepan. Bring to a boil; reduce heat, and simmer until vegetables are tender.

- Combine 1/4 cup milk and flour, stirring until smooth. Stir in remaining 3/4 cup milk and 1/4cup reserved liquid; stir into celery mixture. Cook, stirring constantly, 2 minutes or until slightly thickened.
- Remove from heat; stir in parsley and remaining 1/2 tablespoon lemon juice. Spoon over vegetables and fillets; sprinkle with cheese.
- Bake at 400 for 15 minutes.

## Nutrition Facts



### Properties

Glycemic Index:89.31, Glycemic Load:7.47, Inflammation Score:-10, Nutrition Score:41.557390959367%

### 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: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

### Nutrients (% of daily need)

Calories: 305.11kcal (15.26%), Fat: 7.39g (11.37%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 17.01g (6.19%), Sugar: 9.95g (11.06%), Cholesterol: 57.97mg (19.32%), Sodium: 369.36mg (16.06%), Alcohol: 3.09g (100%), Alcohol %: 0.74% (100%), Protein: 35.49g (70.97%), Vitamin K: 138.59µg (131.99%), Vitamin C: 80.99mg (98.17%), Selenium: 64.9µg (92.72%), Vitamin D: 12.61µg (84.09%), Vitamin B12: 3.96µg (66.08%), Phosphorus: 535.45mg (53.55%), Vitamin B2: 0.88mg (51.64%), Vitamin A: 2546.06IU (50.92%), Vitamin B6: 0.91mg (45.32%), Potassium: 1408.39mg (40.24%), Vitamin B5: 3.66mg (36.57%), Vitamin B3: 6.94mg (34.69%), Copper: 0.57mg (28.73%), Calcium: 258.25mg (25.82%), Folate: 101.04µg (25.26%), Vitamin B1: 0.33mg (22.09%), Magnesium: 87.67mg (21.92%), Manganese: 0.39mg (19.46%), Zinc: 2.46mg (16.38%), Fiber: 3.75g (15.01%), Vitamin E: 2.1mg (13.99%), Iron: 2.37mg (13.17%)