



 **100%**  
HEALTH SCORE

## Snapper With Chunky Romesco Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**28 min.**

SERVINGS



**4**

CALORIES



**259 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 teaspoons almonds toasted sliced
- 2 large garlic cloves minced
- 0.8 teaspoon pepper divided freshly ground
- 4 plum tomatoes sliced
- 0.5 teaspoon salt divided
- 24 ounce snapper fillets yellow
- 1 cup chunky garlic and herb tomato sauce (such as Hunt's Ready Sauce)
- 1 small vidalia sweet cut into thin wedges

- 1 large bell pepper red yellow coarsely chopped

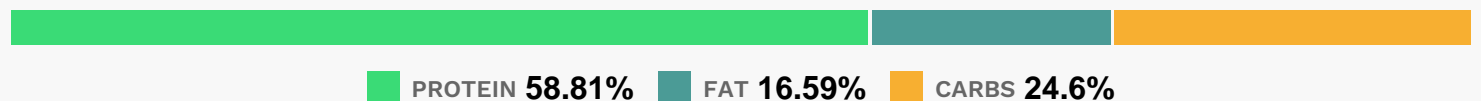
## Equipment

- frying pan
- grill

## Directions

- Place a large nonstick skillet over medium-high heat until hot. Coat bell pepper, onion, and garlic with cooking spray; add to skillet. Cook, stirring constantly, 5 minutes or until vegetables are tender.
- Add tomatoes, tomato sauce, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Bring to a boil; reduce heat, and simmer, covered, 8 minutes. Set aside, and keep warm.
- Coat fish with cooking spray; sprinkle with remaining 1/4 teaspoon salt and remaining 1/2 teaspoon pepper.
- Cut three slits in skin side of fish.
- Place fish in a grill basket coated with cooking spray. Cook, covered, over medium-hot coals (350 to 400 degrees F) for 10 to 15 minutes on each side or until fish flakes easily when tested with a fork.
- Transfer fish to a serving platter. Spoon sauce over fish; sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:46.75, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:32.582174010899%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.26mg,

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## **Nutrients (% of daily need)**

Calories: 259.43kcal (12.97%), Fat: 4.79g (7.37%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 12.09g (4.4%), Sugar: 9.88g (10.98%), Cholesterol: 62.94mg (20.98%), Sodium: 701.6mg (30.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.22g (76.44%), Vitamin D: 17.35µg (115.67%), Selenium: 66.2µg (94.56%), Vitamin C: 72.42mg (87.79%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 1.04mg (52.1%), Vitamin A: 2248.74IU (44.97%), Phosphorus: 423.34mg (42.33%), Potassium: 1263.52mg (36.1%), Vitamin E: 4.54mg (30.29%), Magnesium: 94.63mg (23.66%), Manganese: 0.43mg (21.61%), Vitamin B5: 1.76mg (17.64%), Folate: 63.08µg (15.77%), Fiber: 3.89g (15.58%), Copper: 0.26mg (12.94%), Vitamin B1: 0.18mg (12.24%), Vitamin B3: 2.13mg (10.65%), Calcium: 103.94mg (10.39%), Iron: 1.67mg (9.25%), Vitamin K: 9.68µg (9.22%), Vitamin B2: 0.16mg (9.18%), Zinc: 1.21mg (8.07%)