



Snapper with Fennel, Onion and Tomato

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 small pats butter
- ☐ 0.5 cup chicken stock see
- ☐ 1 bulb fennel cored very thin cut into wedges
- ☐ 1 teaspoon herbs de provence
- ☐ 1 juice of lemon juiced
- ☐ 4 servings lemon wedges for squeezing
- ☐ 3 tablespoons olive oil
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 2 tomatoes cut into small wedges
- ☐ 16 ounce fish fillets white mild fish
- ☐ 0.5 cup white wine
- ☐ 2 small onions yellow with the grain sliced

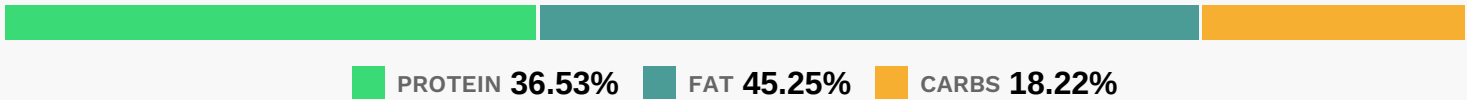
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Pat the fish dry and sprinkle with salt and pepper. In a large oven-safe saute pan, heat the olive oil over medium heat and cook the onions and fennel until tender and golden, 8 to 10 minutes.
- ☐ Add the tomatoes and herbes de Provence and cook until the tomatoes begin to soften, another 5 minutes. Increase the heat to high and deglaze the pan with the wine, chicken stock and lemon juice and let bubble for 1 minute.
- ☐ Nestle the fish fillets into the pan, sprinkle with salt and pepper and top each with a pat of butter.
- ☐ Place into the oven and cook until the fish is cooked through, 8 to 10 minutes.
- ☐ Broil just until a bit crusty, about 1 more minute. Squeeze lemon juice on the fish and serve.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:2.6, Inflammation Score:-7, Nutrition Score:19.253912759864%

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: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 290.34kcal (14.52%), Fat: 13.92g (21.41%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 9.29g (3.38%), Sugar: 6.38g (7.09%), Cholesterol: 59.75mg (19.92%), Sodium: 145.15mg (6.31%), Alcohol: 3.09g (100%), Alcohol %: 1.12% (100%), Protein: 25.28g (50.56%), Selenium: 48.71µg (69.59%), Vitamin K: 54.35µg (51.76%), Vitamin B12: 1.79µg (29.89%), Vitamin B3: 5.73mg (28.67%), Vitamin C: 21.65mg (26.25%), Phosphorus: 262.1mg (26.21%), Potassium: 847.12mg (24.2%), Vitamin D: 3.52µg (23.44%), Vitamin E: 2.71mg (18.06%), Vitamin B6: 0.34mg (17.08%), Manganese: 0.34mg (16.88%), Folate: 63.03µg (15.76%), Magnesium: 56.3mg (14.07%), Fiber: 3.31g (13.26%), Vitamin A: 627.99IU (12.56%), Iron: 1.84mg (10.2%), Copper: 0.2mg (9.8%), Vitamin B2: 0.14mg (8.48%), Vitamin B5: 0.81mg (8.13%), Vitamin B1: 0.11mg (7.12%), Calcium: 64.03mg (6.4%), Zinc: 0.76mg (5.03%)