



 **68%**
HEALTH SCORE

Snapper with Olives: Cernia con Olive

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons capers salted rinsed
- 1 cup cooking wine dry white
- 0.3 cup best quality extra virgin olive oil for drizzling
- 4 servings flour for dredging
- 5 juice of lemon
- 6 tablespoons olive oil extra-virgin
- 1 cup gaeta olives pitted coarsely chopped
- 1 bunch parsley to yield italian chopped

- 4 servings sea salt
- 2 pound snapper

Equipment

- frying pan
- oven
- knife

Directions

- Preheat the oven to 450 degrees F.
- Score the snapper twice on each side with a sharp knife. Dredge the fish in the flour.
- In a 14 to 16-inch saute pan, heat the oil until just smoking and saute the whole fish until it is golden brown on 1 side. Turn the fish carefully and add the olives, capers, lemon segments, zest, juice and wine and place the pan in the oven to cook for about 14 to 15 minutes. Allow the fish to rest for 5 minutes before filleting, then drizzle it with the pan juices and high-quality oil, sprinkle with parsley and sea salt, and serve.

Nutrition Facts

 **PROTEIN 30.7%**  **FAT 61.45%**  **CARBS 7.85%**

Properties

Glycemic Index:30.5, Glycemic Load:4.51, Inflammation Score:-9, Nutrition Score:34.993043484895%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 1.83mg, Eriodictyol: 1.83mg, Eriodictyol: 1.83mg, Eriodictyol: 1.83mg Hesperetin: 5.67mg, Hesperetin: 5.67mg, Hesperetin: 5.67mg, Hesperetin: 5.67mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg

Nutrients (% of daily need)

Calories: 671.97kcal (33.6%), Fat: 43.03g (66.2%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 10.27g (3.73%), Sugar: 1.87g (2.08%), Cholesterol: 83.91mg (27.97%), Sodium: 1043.77mg (45.38%), Alcohol: 6.18g (100%), Alcohol %: 1.86% (100%), Protein: 48.38g (96.75%), Vitamin K: 256.91µg (244.67%), Vitamin D: 23.13µg (154.22%), Selenium: 89.67µg (128.1%), Vitamin B12: 6.8µg (113.4%), Vitamin E: 8.65mg (57.68%), Vitamin B6: 0.98mg (49.12%), Phosphorus: 481.17mg (48.12%), Vitamin C: 37.35mg (45.27%), Potassium: 1130.9mg (32.31%), Vitamin A: 1583.99IU (31.68%), Magnesium: 95.3mg (23.82%), Vitamin B5: 1.88mg (18.76%), Folate: 57.22µg (14.3%), Vitamin B1: 0.2mg (13.04%), Iron: 2.29mg (12.73%), Calcium: 121.43mg (12.14%), Manganese: 0.18mg (9.17%), Fiber: 2.09g (8.36%), Copper: 0.17mg (8.35%), Zinc: 1.15mg (7.64%), Vitamin B3: 1.49mg (7.46%), Vitamin B2: 0.08mg (4.89%)