



HEALTH SCORE

**75%**

## Snapper with Warm Italian-Style Salsa



Gluten Free



Very Healthy

READY IN

**13 min.**

SERVINGS

**4**

CALORIES

**209 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons feta cheese crumbled reduced-fat
- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 4 servings warm salsa italian-style
- ☐ 24 ounce snapper fillets

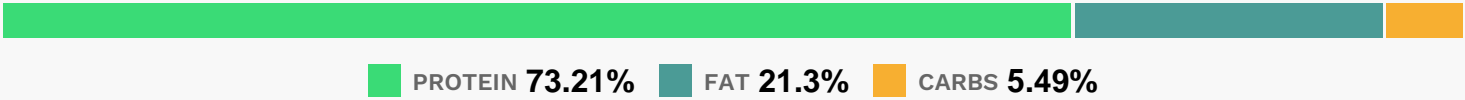
## Equipment

- ☐ frying pan

# Directions

- ☐ Prepare Warm Italian–Style Salsa. Cover and keep warm.
- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Sprinkle fillets with pepper; coat with cooking spray.
- ☐ Add fillets to pan. Cook 5 minutes on each side or until fillets flake easily when tested with a fork.
- ☐ Place 1 fillet on each of 4 serving plates; top evenly with Warm Italian–Style Salsa.
- ☐ Sprinkle evenly with cheese.
- ☐ Flavorful Combinations
- ☐ For a quick and tasty side dish, stir 2 tablespoons chopped green onions; 1 1/2 teaspoons extra–virgin olive oil; 1 garlic clove, minced; 1/4 teaspoon dried rosemary leaves; and 1/4 teaspoon salt into 1 1/2 cups cooked rice. Fluff with a fork until blended.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:20.245652175468%

## Nutrients (% of daily need)

Calories: 209.02kcal (10.45%), Fat: 4.78g (7.36%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.49g (1.65%), Cholesterol: 66.95mg (22.32%), Sodium: 385.8mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.94%), Vitamin D: 17.35µg (115.67%), Selenium: 65.27µg (93.24%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.74mg (36.85%), Phosphorus: 347.23mg (34.72%), Potassium: 793.54mg (22.67%), Vitamin E: 2.24mg (14.94%), Magnesium: 59.44mg (14.86%), Vitamin B5: 1.34mg (13.42%), Vitamin A: 334.59IU (6.69%), Calcium: 63.96mg (6.4%), Vitamin B1: 0.09mg (5.97%), Zinc: 0.68mg (4.52%), Vitamin B3: 0.84mg (4.21%), Vitamin C: 3.33mg (4.04%), Manganese: 0.07mg (3.71%), Copper: 0.07mg (3.5%), Iron: 0.46mg (2.56%), Vitamin K: 2.62µg (2.5%), Folate: 9.81µg (2.45%), Fiber: 0.61g (2.43%)