



HEALTH SCORE

79%

Snapper with Zucchini and Tomato



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 tablespoons white wine dry
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 4 teaspoons olive oil extra-virgin divided

- ☐ 1 teaspoon oregano fresh chopped
- ☐ 1.5 tablespoons shallots minced
- ☐ 12 ounce snapper fillets
- ☐ 1 cup zucchini diced

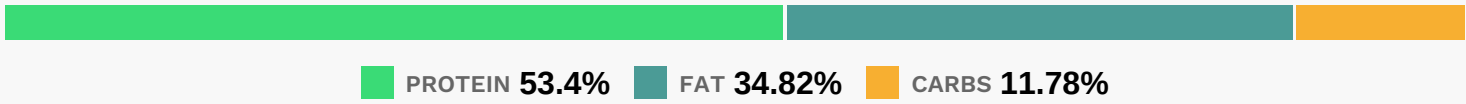
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over fish.
- ☐ Add fish to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove fish from pan; keep warm.
- ☐ Add vermouth; cook until liquid almost evaporates.
- ☐ Add zucchini, shallots, oregano, lemon rind, 1 teaspoon oil, and 1/8 teaspoon salt; saut 3 minutes or until zucchini is tender.
- ☐ Combine zucchini mixture, tomato, remaining 1/8 teaspoon salt, remaining 2 teaspoons oil, basil, and juice; toss gently.
- ☐ Serve with fish.

Nutrition Facts



Properties

Glycemic Index:83.5, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:27.0573914984%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.78mg,

Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 288.17kcal (14.41%), Fat: 10.65g (16.38%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 6.04g (2.19%), Sugar: 4.35g (4.84%), Cholesterol: 62.94mg (20.98%), Sodium: 705.7mg (30.68%), Alcohol: 1.54g (100%), Alcohol %: 0.56% (100%), Protein: 36.75g (73.5%), Vitamin D: 17.35µg (115.67%), Selenium: 65.66µg (93.81%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.89mg (44.56%), Vitamin C: 34.83mg (42.22%), Phosphorus: 391.76mg (39.18%), Potassium: 1098.38mg (31.38%), Vitamin E: 3.49mg (23.24%), Vitamin K: 21.04µg (20.04%), Magnesium: 80.03mg (20.01%), Manganese: 0.38mg (18.84%), Vitamin B5: 1.55mg (15.55%), Vitamin A: 742.2IU (14.84%), Folate: 40.03µg (10.01%), Calcium: 98.71mg (9.87%), Vitamin B1: 0.14mg (9.51%), Iron: 1.68mg (9.35%), Fiber: 2.07g (8.28%), Copper: 0.16mg (8.13%), Zinc: 1.01mg (6.74%), Vitamin B3: 1.26mg (6.3%), Vitamin B2: 0.09mg (5.41%)