



HEALTH SCORE

100%

Stuffed Snapper Veracruz



Gluten Free



Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings bell peppers and jicama julienned for garnish
- 1 tablespoon brined capers drained
- 0.3 cup cooking wine dry red
- 2 cups fire-roasted tomatoes diced
- 3 cloves garlic finely sliced
- 0.5 cup bell pepper green julienned seeded
- 0.3 cup olives green sliced
- 1 jalapeño minced seeded

- 6 servings kosher salt and freshly cracked pepper black
- 6 servings lime wedges for garnish
- 6 servings mexican beers cold for serving
- 0.3 cup olive oil
- 3 teaspoons oregano fresh chopped
- 0.5 cup bell pepper red julienned seeded
- 0.5 medium onion red julienned
- 3 pound pink snapper whole
- 2 tablespoons tomato paste
- 6 servings fried tortilla strips crispy for garnish
- 0.3 cup vermouth

Equipment

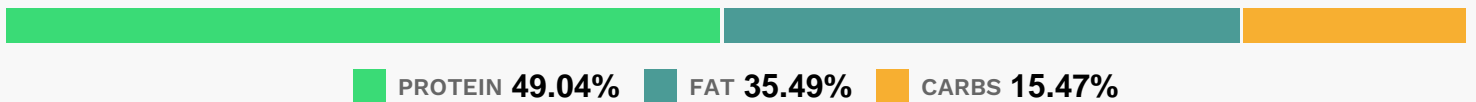
- bowl
- frying pan
- sauce pan
- oven
- spatula
- kitchen twine

Directions

- Preheat the oven to 350 degrees F.
- Add half of the oil to a large saucepan or skillet over medium heat. Once hot, cook the onions, bell peppers, jalapeno, olives and capers until just softened, about 5 minutes.
- Add the garlic, and sweat until just aromatic, about a minute. Stir in the tomato paste and deglaze with the red wine. Stir in the tomatoes and bring the pan to medium-high heat. Reduce until the liquid is almost evaporated, about 7 minutes. Fold in the oregano, mixing well. Continue cooking until the stuffing is a thick, pulpy consistency, about 3 minutes more.
- Remove from the heat.
- Season with salt and pepper.

- Transfer to a bowl and set aside to cool.
- Score both sides of the fish. Stuff the cavity of the fish, using about half of the stuffing; set the remaining stuffing aside. Secure with three evenly spaced lengths of kitchen twine.
- Bring the remaining oil to medium–high heat in a large, nonstick skillet.
- Sprinkle the fish on both sides, and place in the skillet once the oil begins to smoke lightly. Sear until the skin browns on the bottom, 3 to 4 minutes. Using a fish spatula, flip the fish gently, and then place the whole skillet onto the middle rack of the oven.
- Bake until the fish is golden brown, the flesh flakes easily and the stuffing is hot throughout, 12 to 15 minutes.
- Remove from the skillet and place onto platter with the julienned bell peppers and jicama, if desired.
- Put the skillet back over medium–high heat and add the remaining stuffing. Deglaze the pan with the vermouth and stir to combine. Cook for about 1 minute.
- Remove the kitchen twine from the fish.
- Garnish the fish with the crispy tortilla strips, the stuffing and a squeeze of lime juice.
- Transfer portions to plates.
- Garnish with lime wedges and serve with a nice, cold Mexican beer.

Nutrition Facts



Properties

Glycemic Index: 40.83, Glycemic Load: 1.88, Inflammation Score: -10, Nutrition Score: 35.968260868736%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg, Myricetin: 0.05mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 421.02kcal (21.05%), Fat: 15.85g (24.38%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 11.69g (4.25%), Sugar: 7.66g (8.51%), Cholesterol: 91.86mg (30.62%), Sodium: 709.72mg (30.86%), Alcohol: 2g (100%), Alcohol %: 0.52% (100%), Protein: 49.27g (98.54%), Vitamin C: 131.88mg (159.85%), Vitamin D: 23.13µg (154.22%), Selenium: 87.39µg (124.84%), Vitamin B12: 6.8µg (113.4%), Vitamin A: 3570.13IU (71.4%), Vitamin B6: 1.25mg (62.59%), Phosphorus: 486.14mg (48.61%), Vitamin E: 5.62mg (37.46%), Potassium: 1246.77mg (35.62%), Magnesium: 91.95mg (22.99%), Vitamin B5: 2.04mg (20.37%), Vitamin K: 18.55µg (17.67%), Calcium: 156.89mg (15.69%), Fiber: 3.86g (15.43%), Folate: 58.55µg (14.64%), Manganese: 0.25mg (12.44%), Vitamin B1: 0.17mg (11.55%), Iron: 1.98mg (10.99%), Vitamin B3: 1.84mg (9.2%), Zinc: 1.15mg (7.7%), Copper: 0.13mg (6.7%), Vitamin B2: 0.11mg (6.22%)