



Stuffed Whole Roasted Yellowtail Snapper



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons fennel bulb chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 6 tablespoons onion chopped
- ☐ 4 oregano sprigs
- ☐ 4 rosemary sprigs
- ☐ 0.5 teaspoon salt

☐ 3 pound yellowtail snappers whole cleaned (heads and tails intact)

Equipment

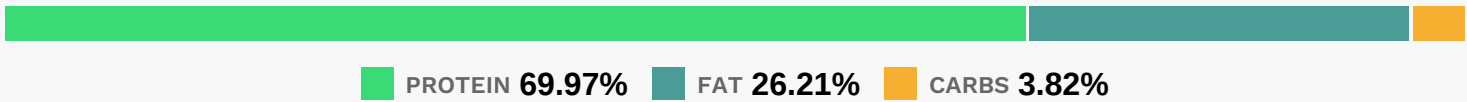
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Score skin of each fish with 3 diagonal cuts. Rub inside flesh of each fish with 2 1/2 teaspoons olive oil; drizzle each fish with 4 1/2 teaspoons lemon juice.
- ☐ Sprinkle flesh evenly with salt and black pepper.
- ☐ Place both fish on a rimmed baking sheet coated with cooking spray.
- ☐ Place 3 tablespoons onion, 1 tablespoon fennel, 2 rosemary sprigs, and 2 oregano sprigs inside each fish. Rub skin of each fish with 1/2 teaspoon remaining oil; drizzle each with 1 1/2 teaspoons remaining juice.
- ☐ Roast at 400 for 30 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.49, Inflammation Score:-9, Nutrition Score:29.434782380643%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 417.02kcal (20.85%), Fat: 11.69g (17.98%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.35g (1.5%), Cholesterol: 125.87mg (41.96%), Sodium: 513.47mg (22.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.19g (140.38%), Vitamin D: 34.7µg (231.33%), Selenium: 130.15µg (185.93%), Vitamin B12: 10.21µg (170.1%), Vitamin B6: 1.4mg (70.09%), Phosphorus: 684.6mg (68.46%), Potassium: 1502.17mg (42.92%), Vitamin E: 4.53mg (30.18%), Magnesium: 115.68mg (28.92%), Vitamin B5: 2.62mg (26.18%), Vitamin C: 13.43mg (16.27%), Vitamin K: 15.68µg (14.93%), Calcium: 134.9mg (13.49%), Vitamin B1: 0.17mg (11.35%), Zinc: 1.3mg (8.7%), Vitamin A: 392.55IU (7.85%), Manganese: 0.15mg (7.4%), Folate: 27.6µg (6.9%), Iron: 1.16mg (6.45%), Copper: 0.12mg (5.86%), Vitamin B3: 1.09mg (5.47%), Fiber: 1.03g (4.12%), Vitamin B2: 0.02mg (1.46%)