



Whole Baby Snapper and Green Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons capers
- ☐ 1 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 0.3 cup basil leaves fresh loosely packed
- ☐ 0.3 cup optional: dill fresh loosely packed
- ☐ 0.7 cup mint leaves fresh loosely packed
- ☐ 3 garlic cloves peeled

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 optional: lemon cut into 1/8-inch-thick slices
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 36 ounces baby snapper whole cleaned

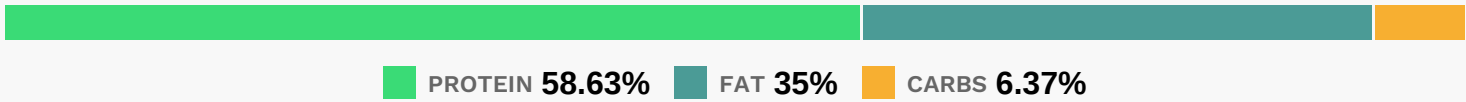
Equipment

- ☐ food processor
- ☐ knife
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Score snapper by making 4 (1-inch) crosswise cuts on each side of skin with a sharp knife.
- ☐ Sprinkle 1/4 teaspoon pepper and salt evenly inside cavities; arrange lemon slices evenly in cavities. Wrap fish tightly in foil coated with cooking spray.
- ☐ Place fish on grill rack; grill 15 minutes or until fish flakes easily when tested with a fork, turning once.
- ☐ Let stand 5 minutes before unwrapping.
- ☐ Combine parsley and remaining ingredients in a food processor; process until finely chopped. Stir in remaining 1/4 teaspoon pepper.
- ☐ Serve sauce with fish.

Nutrition Facts



Properties

Glycemic Index:34.08, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:28.820869373239%

Flavonoids

Eriodictyol: 5.39mg, Eriodictyol: 5.39mg, Eriodictyol: 5.39mg, Eriodictyol: 5.39mg Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 21.82mg, Apigenin: 21.82mg, Apigenin: 21.82mg, Apigenin: 21.82mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 1.61mg, Myricetin: 1.61mg, Myricetin: 1.61mg, Myricetin: 1.61mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 252.13kcal (12.61%), Fat: 9.65g (14.85%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.56g (0.63%), Cholesterol: 64.54mg (21.51%), Sodium: 291.54mg (12.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.39g (72.77%), Vitamin K: 173.49µg (165.23%), Vitamin D: 17.35µg (115.67%), Selenium: 66.29µg (94.7%), Vitamin B12: 5.12µg (85.32%), Vitamin B6: 0.74mg (36.95%), Vitamin C: 29.58mg (35.85%), Phosphorus: 358.44mg (35.84%), Vitamin A: 1449.02IU (28.98%), Potassium: 855mg (24.43%), Vitamin E: 2.79mg (18.62%), Magnesium: 69.22mg (17.31%), Vitamin B5: 1.41mg (14.06%), Calcium: 99.47mg (9.95%), Manganese: 0.19mg (9.45%), Iron: 1.66mg (9.23%), Folate: 35.93µg (8.98%), Vitamin B1: 0.1mg (6.98%), Zinc: 0.89mg (5.9%), Vitamin B3: 1.16mg (5.8%), Fiber: 1.45g (5.8%), Copper: 0.11mg (5.74%), Vitamin B2: 0.05mg (2.99%)