



Whole Roasted Lemon Snapper with Lemon-Apricot Glaze



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon cornstarch
- ☐ 8 bay leaves fresh
- ☐ 0.5 cup juice of lemon fresh (2 lemons)
- ☐ 0.5 teaspoon lemon-pepper seasoning
- ☐ 3 lemons sliced

- ☐ 4 servings olive oil
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 4 pound yellowtail snapper fillets with head and tail intact cleaned

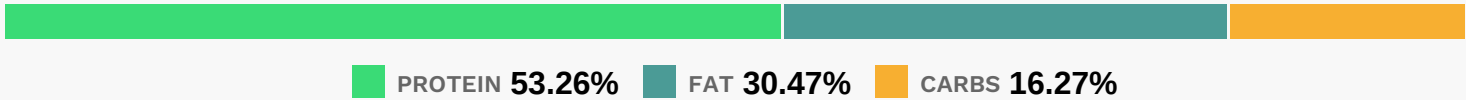
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Lightly oil a baking pan or sturdy baking sheet. Rinse fish, pat dry, and lay in pan. (Depending on the size of your pan and fish, you may need to use two pans to accommodate all 4 fish.)
- ☐ Combine lemon juice and next 4 ingredients in a small bowl.
- ☐ Brush fish inside and out with half of lemon-apricot glaze; set remaining glaze aside.
- ☐ Stuff cavity of each fish with 2 to 3 lemon slices and 2 bay leaves.
- ☐ Lay 1 or 2 lemon slices on top of each fish, and tie to secure.
- ☐ Bake, uncovered, at 425 for 15 to 25 minutes or until fish flakes easily.
- ☐ Meanwhile, whisk together cornstarch and reserved glaze in a small saucepan. Bring to a boil over medium heat, stirring constantly. Reduce heat, and simmer 1 minute, stirring constantly.
- ☐ Serve sauce with fish.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:37.676956467007%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 18.79mg, Eriodictyol: 18.79mg, Eriodictyol: 18.79mg, Eriodictyol: 18.79mg Hesperetin: 27.01mg, Hesperetin: 27.01mg, Hesperetin: 27.01mg, Hesperetin: 27.01mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 711.21kcal (35.56%), Fat: 23.96g (36.86%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 26.24g (9.54%), Sugar: 17.17g (19.08%), Cholesterol: 167.83mg (55.94%), Sodium: 302.19mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 94.22g (188.43%), Vitamin D: 46.27µg (308.44%), Selenium: 174.12µg (248.74%), Vitamin B12: 13.61µg (226.8%), Vitamin B6: 1.9mg (95.19%), Phosphorus: 915mg (91.5%), Vitamin C: 63.82mg (77.36%), Potassium: 2062.36mg (58.92%), Vitamin E: 7.12mg (47.44%), Magnesium: 155.46mg (38.87%), Vitamin B5: 3.61mg (36.11%), Calcium: 179.88mg (17.99%), Vitamin B1: 0.25mg (16.58%), Zinc: 1.72mg (11.48%), Vitamin A: 554.61IU (11.09%), Fiber: 2.54g (10.15%), Folate: 38.35µg (9.59%), Copper: 0.19mg (9.43%), Iron: 1.66mg (9.21%), Vitamin K: 9.32µg (8.87%), Manganese: 0.15mg (7.35%), Vitamin B3: 1.42mg (7.09%), Vitamin B2: 0.04mg (2.35%)