

food
network



HEALTH SCORE

52%

Yellow Tail Snapper Baked in a Salt Crust



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 egg whites room temperature
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 cup kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 lemons sliced thin
- ☐ 0.3 cup olive oil extra-virgin plus more for oiling baking sheet
- ☐ 1 teaspoon pepper flakes red

- ☐ 2 shallots sliced thin
- ☐ 3 tablespoons thyme leaves
- ☐ 3 pound tail snapper whole yellow cleaned

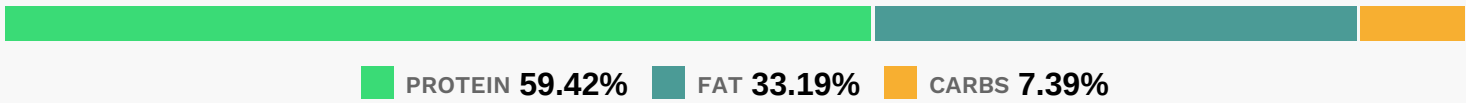
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Rinse the fish and pat dry; season it inside and out with salt and pepper. In a mixing bowl, combine the lemon, shallot, parsley, 2 tablespoons thyme, bay leaves, red pepper flakes, and 1/4-cup olive oil.
- ☐ Place the fish on an oiled baking sheet and stuff the cavity with the lemon mixture.
- ☐ In a clean mixing bowl, whip the egg whites until they form soft peaks. Fold in the salt to make a paste then fold in the remaining thyme leaves. Smear the salt paste over the entire fish and roast for 35 to 45 minutes. The egg whites will form a hard crust. Gently crack the shell with a spoon and lift off the salt crust.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:29.180869600047%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 5.48mg, Apigenin: 5.48mg, Apigenin: 5.48mg, Apigenin: 5.48mg Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Kaempferol: 0.05mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 338.93kcal (16.95%), Fat: 12.32g (18.96%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 4.17g (1.52%), Sugar: 1.74g (1.94%), Cholesterol: 83.91mg (27.97%), Sodium: 19049.69mg (828.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.63g (99.25%), Vitamin D: 23.13µg (154.22%), Selenium: 91.01µg (130.01%), Vitamin B12: 6.82µg (113.7%), Vitamin B6: 0.99mg (49.4%), Phosphorus: 469.17mg (46.92%), Vitamin K: 47.23µg (44.98%), Vitamin C: 32.32mg (39.18%), Potassium: 1103.01mg (31.51%), Vitamin E: 3.68mg (24.52%), Magnesium: 87.45mg (21.86%), Vitamin B5: 1.86mg (18.6%), Vitamin A: 726.98IU (14.54%), Calcium: 117.63mg (11.76%), Manganese: 0.2mg (10.04%), Iron: 1.8mg (9.99%), Vitamin B1: 0.13mg (8.62%), Fiber: 2g (7.99%), Vitamin B2: 0.13mg (7.4%), Zinc: 1.03mg (6.89%), Copper: 0.13mg (6.57%), Folate: 24.48µg (6.12%), Vitamin B3: 0.85mg (4.27%)