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## Red Snapper with Basil Vinaigrette

A delicious and flavorful dish made with red snapper fillets and a tangy basil vinaigrette. Perfect for a special dinner or a light lunch.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	red snapper fillets
50 g	basil leaves
4 tbsp	olive oil
2 tbsp	lemon juice
2 cloves	garlic cloves
1 tsp	Salt

1 tsp Black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Blending

In a blender, combine the basil leaves, olive oil, lemon juice, garlic cloves, salt, and black pepper. Blend until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Baking

Place the red snapper fillets on a baking sheet lined with parchment paper. Brush the fillets with the basil vinaigrette.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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## Step 4

Oven

Bake the red snapper fillets in the preheated oven for 15 minutes or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 5

Serving

Serve the red snapper fillets with the remaining basil vinaigrette on the side.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 25 g

Carbohydrates: 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	30 mcg	54.55%	54.55%

# Recipe Attributes

## Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Events

Picnic

## Cuisines

Italian

American

## Diet

Anti-Inflammatory Diet

## Course

Side Dishes

Salads

Sauces & Dressings

## Cultural

Chinese New Year

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

## Meal Type

Lunch

Dinner

## Difficulty Level

Medium

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