

Pesce all'Acqua Pazza

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-italian-style-poached-fish-recipe>

Ingredients:

- 2 tablespoons olive oil
- 2 garlic cloves Finely Chopped
- 2 cups cherry tomatoes cut in half or quarters
- 1 tablespoon chopped parsley Finely, divided
- 1/2 teaspoon crushed red chile flakes
- 1 1/2 cups white wine
- 1/2 cup water
- white pepper
- salt
- 4 red snapper Sea bass or other mild white Fish Fillets, about 1lb

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 1 grams
8. Sodium: 260 milligrams
9. Sugar: 3 grams

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