



Bacalao con Salsa de Coco y Choclo (Cod Fish with Coconut-Corn Sauce)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups coconut milk
- ☐ 4 fillet cod
- ☐ 4 servings cilantro leaves fresh
- ☐ 4 cup regular corn frozen thawed
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon ground thyme
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onions sliced
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 cup vegetable stock

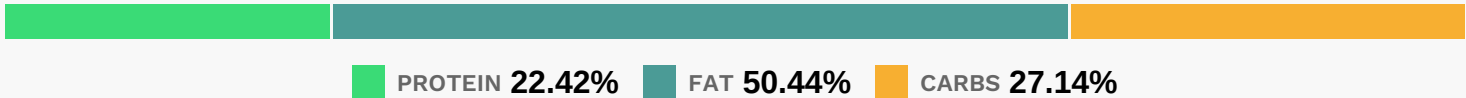
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a large saucepan over medium heat, heat the butter and oil.
- ☐ Add the red pepper flakes, onion and garlic and cook until soft.
- ☐ Add the corn and cook for 5 minutes.
- ☐ Add the stock and coconut milk. Bring to a boil.Reduce the heat and cook uncovered for 10 minutes.
- ☐ Place the mixture into a blender and blend until smooth.In a saute pan, heat some olive oil. When the oil is smoking hot, add the fish.
- ☐ Saute for 2 minutes and flip over. Return the mixture to the pan and heat over medium-low heat.
- ☐ Add the fish to the sauce and cook for about 8 minutes more, until the fish is cooked all the way through.
- ☐ Serve over white rice and garnish with fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:4.22, Inflammation Score:-8, Nutrition Score:27.348695734273%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 651.3kcal (32.56%), Fat: 38.68g (59.5%), Saturated Fat: 27.7g (173.14%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 41.37g (15.04%), Sugar: 1.98g (2.21%), Cholesterol: 95.68mg (31.89%), Sodium: 304.26mg (13.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.67g (77.34%), Selenium: 58.15µg (83.08%), Manganese: 1.25mg (62.57%), Phosphorus: 615.47mg (61.55%), Potassium: 1511.22mg (43.18%), Magnesium: 165.17mg (41.29%), Vitamin B6: 0.81mg (40.75%), Vitamin B3: 7.1mg (35.48%), Iron: 5.97mg (33.18%), Vitamin B12: 1.56µg (26.08%), Folate: 102.14µg (25.54%), Vitamin B1: 0.35mg (23.24%), Vitamin C: 18.25mg (22.12%), Fiber: 5.45g (21.8%), Copper: 0.41mg (20.43%), Zinc: 2.67mg (17.82%), Vitamin B2: 0.27mg (16.14%), Vitamin E: 1.91mg (12.75%), Vitamin D: 1.53µg (10.2%), Vitamin B5: 0.99mg (9.88%), Vitamin A: 452.23IU (9.04%), Calcium: 73.78mg (7.38%), Vitamin K: 5.8µg (5.52%)