



Basa Fillets in Tomatillo Sauce

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



6

CALORIES



318 kcal

SAUCE

Ingredients

- 3 teaspoons chicken soup base
- 1.5 pounds basa fillets (Vietnamese catfish)
- 1 tablespoon corn oil
- 3 tablespoons cilantro leaves fresh chopped
- 1 clove garlic minced
- 3 jalapeño peppers cut into large pieces
- 1 tablespoon juice of lime fresh
- 0.5 cup onion chopped

- 1 tablespoon salt to taste
- 1 pound tomatillos fresh
- 2.5 cups water
- 1.5 cups rice long grain white

Equipment

- frying pan
- sauce pan
- pot
- blender
- broiler
- slotted spoon

Directions

- Combine the rice, water and bouillon in a saucepan. Bring to a boil, then cover and reduce the heat to low. Simmer for 15 minutes or until rice is tender and water has been absorbed. Set aside.
- Meanwhile, in a large pot, bring about 2 inches of water to a boil.
- Add jalapenos, and cook for 5 minutes, then add the tomatillos. Boil for 5 more minutes.
- Remove the tomatillos with a slotted spoon, and transfer to a blender.
- Add 1 clove of garlic, salt and 1 or 2 jalapenos. Puree until liquid, then taste, and blend in more jalapeno as desired. Set aside.
- Heat the corn oil in a large skillet over medium heat.
- Add the onions and 1 clove of garlic; cook and stir until fragrant.
- Add the fish fillets, and cook for about 2 minutes per side.
- Pour in the tomatillo sauce, and mix in the cilantro and lime juice. Simmer for a few minutes, or place under a broiler until fish flakes easily with a fork.
- Serve fish immediately on a bed of rice. Spoon sauce over the top. Enjoy with your favorite ice cold beverage. Buen Appetito!

Nutrition Facts

PROTEIN 31.56% FAT 12.54% CARBS 55.9%

Properties

Glycemic Index:30.36, Glycemic Load:22.66, Inflammation Score:-5, Nutrition Score:15.804782556451%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 318.07kcal (15.9%), Fat: 4.35g (6.7%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 43.66g (14.55%), Net Carbohydrates: 41.17g (14.97%), Sugar: 4.1g (4.56%), Cholesterol: 48.89mg (16.3%), Sodium: 1471.69mg (63.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.29%), Selenium: 45.35µg (64.78%), Manganese: 0.67mg (33.7%), Phosphorus: 321.43mg (32.14%), Vitamin C: 20.24mg (24.53%), Vitamin B3: 4.62mg (23.08%), Vitamin B6: 0.45mg (22.49%), Potassium: 770.25mg (22.01%), Vitamin B12: 1.03µg (17.25%), Magnesium: 67.31mg (16.83%), Vitamin E: 1.68mg (11.19%), Copper: 0.22mg (11.05%), Vitamin B1: 0.16mg (10.9%), Vitamin K: 10.77µg (10.26%), Fiber: 2.49g (9.95%), Zinc: 1.24mg (8.24%), Vitamin B5: 0.81mg (8.08%), Vitamin B2: 0.14mg (8.05%), Iron: 1.35mg (7.5%), Vitamin D: 1.02µg (6.8%), Folate: 22.06µg (5.52%), Calcium: 47.23mg (4.72%), Vitamin A: 222.08IU (4.44%)