



 **76%**
HEALTH SCORE

Bass with Herbed Rice and Coconut-Vegetable Chowder

 Dairy Free  Very Healthy

READY IN



165 min.

SERVINGS



6

CALORIES



1273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 9 ounces baby dutch potatoes yellow scrubbed halved lengthwise
- ☐ 1 sprigs basil and/or arugula fresh (for garnish)
- ☐ 1 large carrots peeled cut into matchstick-size strips
- ☐ 15.2 ounce carrot juice fresh
- ☐ 6 servings brown sugar dark packed
- ☐ 1 large eggs

- ☐ 2 tablespoons fish sauce
- ☐ 3 large basil leaves fresh
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 garlic clove crushed
- ☐ 1 tablespoon jalapeño chile with seeds chopped
- ☐ 3 kaffir lime leaves
- ☐ 6 servings lime wedges
- ☐ 0.8 cup onion chopped
- ☐ 0.3 cup coconut sugar finely chopped
- ☐ 2 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 bell pepper red cut into 1/2-inch cubes
- ☐ 2 cups stringless sugar snap peas cut into 1/2-inch pieces
- ☐ 2.5 cups cubes redskinned sweet potato peeled (yam; from 1 pound)
- ☐ 3 cups coconut milk unsweetened canned
- ☐ 2 cups vegetable broth
- ☐ 6 servings vegetable oil for frying
- ☐ 0.5 cup water
- ☐ 24 x

Equipment

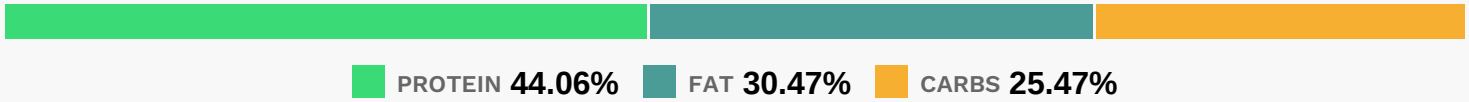
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ skimmer

Directions

- ☐ Heat oil in heavy large pot over medium heat.

- ☐ Add next 6 ingredients.Cover and cook until onion is soft, stirringoccasionally, about 4 minutes.
- ☐ Add coconutmilk and next 4 ingredients and bring to boil.Reduce heat to low and simmer uncovered1 hour. Strain into large saucepan, pressingon solids in strainer. If necessary, simmerbroth until reduced to 4 cups.
- ☐ Meanwhile, cook yam cubes in largesaucepan of boiling salted water until justtender, 6 to 8 minutes. Using skimmer,transfer yam to bowl.
- ☐ Add Yukon Goldpotatoes to same saucepan and cook untiljust tender, about 10 minutes.
- ☐ Drain; addto bowl with yam. DO AHEAD: Broth andpotatoes can be made 1 day ahead. Cool,cover separately, and chill.
- ☐ Bring coconut–carrot broth to simmerover medium heat.
- ☐ Add all cooked potatoes,sugar snap peas, red bell pepper, andcarrot. Simmer until all vegetables aretender, 5 to 6 minutes.
- ☐ Place flour in shallow bowl.
- ☐ Combine 1/2 cup water and egg in anothershallow bowl; whisk to blend.
- ☐ Place pankoin third shallow bowl.
- ☐ Sprinkle fish pieceswith salt and pepper. Coat in flour, thenegg mixture, then panko.
- ☐ Pour enough oil into large nonstickskillet to coat bottom.
- ☐ Heat oil over medium–highheat.
- ☐ Add fish to skillet. Cook untilgolden and crisp and just opaque in center,about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:127.26, Glycemic Load:29.82, Inflammation Score:-10, Nutrition Score:64.390869472338%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg,

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 1273.18kcal (63.66%), Fat: 42.84g (65.9%), Saturated Fat: 28.35g (177.18%), Carbohydrates: 80.56g (26.85%), Net Carbohydrates: 71.2g (25.89%), Sugar: 23.61g (26.23%), Cholesterol: 364.2mg (121.4%), Sodium: 1530.52mg (66.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 139.37g (278.74%), Vitamin A: 25302.42IU (506.05%), Selenium: 334.12µg (477.32%), Vitamin B3: 49.5mg (247.51%), Vitamin B6: 4.41mg (220.32%), Vitamin D: 32.13µg (214.18%), Phosphorus: 1912.59mg (191.26%), Vitamin B12: 7.65µg (127.55%), Potassium: 4135.11mg (118.15%), Manganese: 1.98mg (99.23%), Vitamin C: 69.94mg (84.78%), Magnesium: 274.79mg (68.7%), Vitamin B1: 0.96mg (63.67%), Folate: 213.3µg (53.32%), Vitamin E: 6.28mg (41.85%), Vitamin B5: 4.01mg (40.08%), Iron: 7.1mg (39.43%), Copper: 0.78mg (39.18%), Fiber: 9.36g (37.43%), Vitamin B2: 0.57mg (33.8%), Vitamin K: 33.11µg (31.53%), Zinc: 4.45mg (29.66%), Calcium: 183.31mg (18.33%)