



Brazilian Fish Stew



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce filets skinless thick ()
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 large onion chopped

- ☐ 8 servings hot sauce soft
- ☐ 0.5 teaspoon pasilla peppers dried hot finely chopped
- ☐ 2 over-ripe plantain yellow peeled
- ☐ 2 teaspoons salt
- ☐ 1 pound shrimp deveined soft peeled per pound), and , reserving shells if making manioc polenta as accompaniment
- ☐ 1.5 pound tomatoes cut into 1/2-inch cubes
- ☐ 0.3 cup bell pepper yellow chopped

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Pat fish fillets dry and put in a bowl. Stir together lime juice, malagueta peppers, 1 tablespoon garlic, and 1 1/2 teaspoons salt, then pour over fish and toss to combine. Marinate, covered and chilled, 30 minutes.
- ☐ Add shrimp and chill at least 30 minutes but no longer than 1 1/2 hours more.
- ☐ Put tomatoes in bottom of a wide 5- to 6-quart heavy pot. Top with onion and remaining tablespoon garlic, then sprinkle with bell peppers.
- ☐ Place plantains on top of vegetables.
- ☐ Sprinkle evenly with remaining 1/2 teaspoon salt. Arrange fish in 1 layer on top of plantain.
- ☐ Sprinkle cilantro and parsley over fish, then arrange shrimp in 1 layer over herbs, reserving marinade.
- ☐ Pour oil and marinade evenly over mixture in pot.
- ☐ Bring to a simmer, then cover pot. Adjust heat to gently simmer until vegetables are softened and have released liquid and fish is just cooked through, about 20 minutes.
- ☐ Serve stew over soft manioc polenta.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:14.387391401374%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 210.79kcal (10.54%), Fat: 7.59g (11.67%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 18.88g (6.86%), Sugar: 11.26g (12.51%), Cholesterol: 100.43mg (33.48%), Sodium: 672.16mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.09%), Vitamin C: 46.07mg (55.84%), Vitamin K: 58.4µg (55.61%), Vitamin A: 1500.5IU (30.01%), Potassium: 743.66mg (21.25%), Phosphorus: 212.44mg (21.24%), Copper: 0.34mg (17.11%), Vitamin B6: 0.3mg (15.15%), Magnesium: 57.8mg (14.45%), Manganese: 0.26mg (12.77%), Selenium: 8µg (11.43%), Vitamin E: 1.66mg (11.09%), Fiber: 2.46g (9.85%), Folate: 34.5µg (8.62%), Zinc: 1.19mg (7.91%), Vitamin B3: 1.42mg (7.11%), Vitamin B1: 0.1mg (6.51%), Iron: 1.16mg (6.42%), Calcium: 62.28mg (6.23%), Vitamin B2: 0.08mg (4.66%), Vitamin B12: 0.19µg (3.22%), Vitamin B5: 0.31mg (3.15%), Vitamin D: 0.19µg (1.28%)