



WHATSHATE



Brazilian Fish Stew (Moqueca de Peixe)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 16 ounce bottled clam juice
- ☐ 14.5 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.5 cup cilantro leaves fresh divided minced
- ☐ 2 garlic clove minced
- ☐ 5 garlic clove minced
- ☐ 1 cup bell pepper green finely chopped

- ☐ 0.8 cup spring onion minced (1 bunch)
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 pound pacific halibut filets cut into 1/2-inch wide strips
- ☐ 1 cup lite coconut milk light
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion finely chopped
- ☐ 1 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 cups tomatoes chopped (2 large)

Equipment

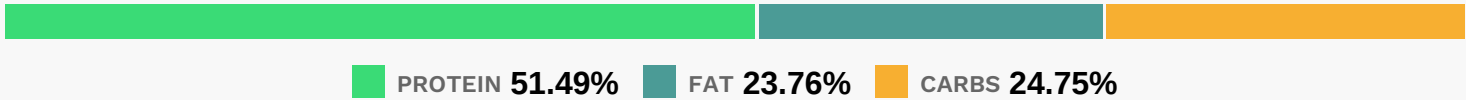
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a large bowl; toss to coat. Marinate in refrigerator 30 minutes.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add the onion, bell peppers, green onions, garlic, and bay leaf; cook 6 minutes, stirring occasionally. Increase heat to medium-high; add tomato, and cook 2 minutes.
- ☐ Add 1/4 cup cilantro, clam juice, and broth. Bring to a boil; reduce heat, and simmer 10 minutes. Discard bay leaf.
- ☐ Place one-third of vegetable mixture in a blender, and puree until smooth.
- ☐ Pour pureed vegetable mixture into pan. Repeat procedure with remaining vegetable mixture.
- ☐ Add coconut milk and red pepper to pureed vegetable mixture. Bring to a boil over medium-high heat; cook 3 minutes.

- ☐ Add fish mixture; cook 3 minutes or until fish is done.
- ☐ Sprinkle with 1/4 cup cilantro.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:29.029565251392%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 13.89mg, Quercetin: 13.89mg, Quercetin: 13.89mg, Quercetin: 13.89mg

Nutrients (% of daily need)

Calories: 362.95kcal (18.15%), Fat: 9.59g (14.75%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 19.16g (6.97%), Sugar: 8.39g (9.32%), Cholesterol: 238.14mg (79.38%), Sodium: 997.49mg (43.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.76g (93.51%), Vitamin C: 74.19mg (89.93%), Selenium: 54.42µg (77.75%), Phosphorus: 577.98mg (57.8%), Vitamin B6: 0.97mg (48.48%), Vitamin B3: 8.79mg (43.96%), Vitamin K: 40.49µg (38.56%), Potassium: 1247.2mg (35.63%), Vitamin D: 5.33µg (35.53%), Vitamin A: 1731.08IU (34.62%), Copper: 0.61mg (30.27%), Vitamin B12: 1.41µg (23.45%), Magnesium: 91.73mg (22.93%), Manganese: 0.38mg (18.83%), Zinc: 2.38mg (15.89%), Vitamin E: 2.37mg (15.81%), Folate: 62.25µg (15.56%), Fiber: 3.31g (13.23%), Calcium: 130.03mg (13%), Vitamin B1: 0.17mg (11.1%), Iron: 1.76mg (9.75%), Vitamin B5: 0.8mg (8.04%), Vitamin B2: 0.13mg (7.56%)