



Brazilian Salmon Stew (Moqueca)



Gluten Free



Dairy Free



Popular

READY IN



190 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 clove the from 1/2 head of garlic minced crushed peeled
- ☐ 2 Tablespoons juice of lime fresh
- ☐ 0.8 teaspoon coarse salt
- ☐ 1 Tablespoon paprika sweet
- ☐ 2.5 teaspoons ground cumin
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 1.5 pounds salmon cut into 2-inch pieces (largish-bite sized pieces)
- ☐ 6 servings olive oil extra virgin

- ☐ 2 medium onions sliced
- ☐ 1 large bell pepper green seeded sliced
- ☐ 2 medium tomatoes sliced
- ☐ 6 servings salt and pepper freshly ground
- ☐ 14 ounce regular coconut milk light canned (not)
- ☐ 1 large bunch cilantro leaves fresh chopped

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Mix together the marinade ingredients.
- ☐ Let the salmon marinate in this paste for at least 2 hours. The longer, the better.
- ☐ Layer ingredients in a large pot: In a large pan (large covered skillet or Dutch oven), coat the bottom of the pan with a couple tablespoons of olive oil.
- ☐ Add a layer of sliced onions, and then a layer of sliced bell peppers, and a layer of sliced tomatoes.
- ☐ Place the fish pieces, with the marinade, on top of everything, and start layering again—onions, bell peppers, and tomatoes.
- ☐ Sprinkle generously with salt and pepper.
- ☐ Add about half of your fresh cilantro to the top.
- ☐ Pour coconut milk over the top.
- ☐ Drizzle generously with olive oil over the top (several tablespoons).
- ☐ Simmer: Bring to a boil, reduce heat to low, cover and let simmer for 30 minutes to an hour, until the vegetables are cooked through.
- ☐ Garnish with remaining cilantro.

Nutrition Facts



 PROTEIN **21.79%**  FAT **69.5%**  CARBS **8.71%**

Properties

Glycemic Index:47.67, Glycemic Load:3.22, Inflammation Score:-8, Nutrition Score:26.317826084469%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 452.58kcal (22.63%), Fat: 35.83g (55.12%), Saturated Fat: 15.65g (97.78%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 7.83g (2.85%), Sugar: 3.53g (3.93%), Cholesterol: 62.37mg (20.79%), Sodium: 550.68mg (23.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.28g (50.56%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.8µg (59.72%), Vitamin B6: 1.12mg (56.21%), Vitamin B3: 9.94mg (49.69%), Vitamin C: 33.06mg (40.07%), Manganese: 0.78mg (38.99%), Phosphorus: 326.96mg (32.7%), Vitamin B2: 0.48mg (28.1%), Potassium: 962.9mg (27.51%), Copper: 0.52mg (25.8%), Iron: 4.34mg (24.1%), Vitamin A: 1169.22IU (23.38%), Vitamin B1: 0.33mg (22.08%), Vitamin B5: 2.15mg (21.5%), Magnesium: 81.09mg (20.27%), Vitamin K: 19.81µg (18.87%), Vitamin E: 2.76mg (18.42%), Folate: 55.54µg (13.89%), Zinc: 1.38mg (9.19%), Fiber: 2.27g (9.08%), Calcium: 56.36mg (5.64%)