



Cartagena Coconut Fish Fillets

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13 oz coconut milk canned
- 0.5 cup baker's angel flake coconut toasted
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 2 lb pacific halibut filets
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 onion chopped
- 0.5 tsp thyme leaves dried

2 Tbsp tomato paste

Equipment

bowl

frying pan

Directions

Heat 1/4 cup dressing in large skillet on medium-high heat.

Add peppers, onions, garlic, tomato paste and thyme; mix well. Cook 5 min., stirring frequently. Stir in coconut milk; bring to a boil.

Pour into bowl; set aside.

Add remaining dressing to same skillet; cook on medium-high heat 1 min. or until heated through, stirring occasionally.

Add fish; cook 5 min. Turn fish over; top with reserved sauce. Simmer 2 to 3 min. or until fish flakes easily with fork.

Sprinkle evenly with coconut just before serving.

Nutrition Facts



PROTEIN 30.96% **FAT 57.54%** **CARBS 11.5%**

Properties

Glycemic Index:25.88, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:18.024347999822%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 292.38kcal (14.62%), Fat: 19.06g (29.33%), Saturated Fat: 13.54g (84.65%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 6.02g (2.19%), Sugar: 4.95g (5.5%), Cholesterol: 55.57mg (18.52%), Sodium: 264.56mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.15%), Selenium: 56.23µg (80.33%), Vitamin B3: 8mg (40%), Vitamin B6: 0.73mg (36.49%), Vitamin D: 5.33µg (35.53%), Phosphorus: 338.32mg (33.83%), Manganese:

0.65mg (32.31%), Potassium: 745.6mg (21.3%), Vitamin B12: 1.25µg (20.79%), Vitamin C: 15.6mg (18.9%), Magnesium: 53.45mg (13.36%), Copper: 0.23mg (11.3%), Fiber: 2.55g (10.21%), Vitamin K: 9.91µg (9.44%), Vitamin E: 1.34mg (8.91%), Iron: 1.37mg (7.62%), Folate: 26.08µg (6.52%), Vitamin B1: 0.09mg (6.24%), Zinc: 0.91mg (6.08%), Vitamin B5: 0.56mg (5.58%), Vitamin A: 200.02IU (4%), Vitamin B2: 0.05mg (3.2%), Calcium: 26.25mg (2.62%)