



Cazuela de Pescado al Coco Gratinada (Fish and Coconut Casserole al Gratin)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



700 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon achiote
- ☐ 2 tablespoons butter
- ☐ 2.5 cups coconut milk
- ☐ 1 fish bouillon tablet
- ☐ 1 garlic clove chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup heavy cream

- ☐ 1 juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup parmesan cheese
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 4 servings salt and pepper
- ☐ 4 fillet equal sizes of swordfish
- ☐ 1 tomatoes chopped

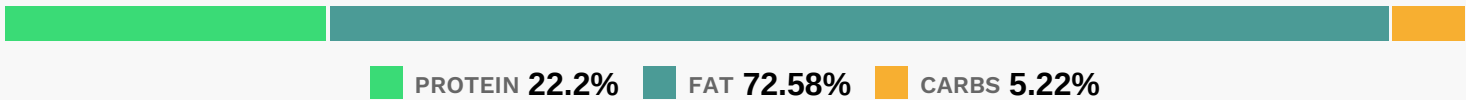
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Rub the fish with the lime juice. Set aside.In a large, oven proof saucepan over medium heat, warm the olive oil and butter.
- ☐ Add the onions, red pepper, garlic, tomato and sauté until tender and translucent, about 10 minutes, stirring occasionally.
- ☐ Add cumin, color, salt and pepper.
- ☐ Add the cream, fish bouillon, coconut milk and bring to a boil.
- ☐ Add the fish and cover. Reduce heat and simmer for 20 minutes.
- ☐ Sprinkle with parmesan cheese on top.
- ☐ Place under the broiler for about 5 minutes or until golden on top.
- ☐ Garnish with fresh parsley and serve hot.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:4.86, Inflammation Score:-8, Nutrition Score:34.227826159933%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 699.73kcal (34.99%), Fat: 57.75g (88.85%), Saturated Fat: 38g (237.49%), Carbohydrates: 9.35g (3.11%), Net Carbohydrates: 8.32g (3.02%), Sugar: 2.8g (3.12%), Cholesterol: 148.43mg (49.48%), Sodium: 502.53mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.76g (79.51%), Vitamin D: 23.91µg (159.38%), Selenium: 99.84µg (142.63%), Vitamin B3: 14.48mg (72.4%), Phosphorus: 642.44mg (64.24%), Manganese: 1.2mg (59.92%), Vitamin B6: 1.07mg (53.58%), Vitamin B12: 3µg (50.08%), Potassium: 1186.04mg (33.89%), Magnesium: 126.4mg (31.6%), Iron: 5.68mg (31.55%), Vitamin C: 25.58mg (31.01%), Vitamin E: 4.64mg (30.93%), Vitamin A: 1297.12IU (25.94%), Copper: 0.42mg (20.93%), Zinc: 2.27mg (15.11%), Calcium: 131.72mg (13.17%), Vitamin B1: 0.2mg (13.06%), Vitamin B5: 0.99mg (9.91%), Folate: 39.39µg (9.85%), Vitamin B2: 0.17mg (9.74%), Vitamin K: 6.53µg (6.22%), Fiber: 1.03g (4.11%)