



Coconut-Chile Snapper with a Caribbean Bean Puree

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup banana thinly sliced (1 banana)
- 1 cup black beans canned rinsed drained
- 2 teaspoons canola oil
- 1 cup carrots shredded (1 carrot)
- 2 teaspoons chili powder
- 1 garlic clove minced
- 1.5 teaspoons ground cumin

- 2 jalapeños minced
- 1 cup coconut milk light
- 1 tablespoon juice of lime fresh
- 24 ounce snapper fillets red
- 0.3 teaspoon salt
- 0.3 cup shallots minced
- 0.5 cup vegetable broth organic divided (such as Swanson Certified)

Equipment

- food processor
- frying pan

Directions

- To prepare puree, heat oil in a large nonstick skillet over medium heat.
- Add shallots and garlic; cook 2 minutes or until tender, stirring occasionally.
- Add banana; cook 2 minutes, stirring occasionally. Stir in beans, 1/4 cup broth, juice, cumin, and 1/4 teaspoon salt; cover and simmer 5 minutes or until all liquid is absorbed.
- Place banana mixture and remaining 1/4 cup broth in a food processor; process until smooth.
- To prepare snapper, combine carrot, milk, chili powder, 1/4 teaspoon salt, and jalapeos in a large nonstick skillet over medium-high heat; bring to a simmer.
- Add fish to pan; cover and simmer 7 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Wine note: This snapper dish calls for a lively, high-acid white wine, able to cut through the creamy coconut milk. (Avoid high alcohol, which can emphasize the jalapeo's heat.) An unoaked chardonnay, like Santa Julia Organica Chardonnay 2006 (\$9), fills the bill, bringing its own tropical flavors of pineapple, papaya, banana, and citrus to the mix. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:60.9, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:31.005217842434%

Flavonoids

Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 328.56kcal (16.43%), Fat: 8.26g (12.71%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 17.25g (6.27%), Sugar: 6.81g (7.57%), Cholesterol: 62.94mg (20.98%), Sodium: 620.7mg (26.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.85g (77.7%), Vitamin A: 5992.53IU (119.85%), Vitamin D: 17.35µg (115.67%), Selenium: 66.41µg (94.87%), Vitamin B12: 5.1µg (85.05%), Vitamin B6: 0.97mg (48.33%), Phosphorus: 419.73mg (41.97%), Potassium: 1151.92mg (32.91%), Vitamin C: 19.13mg (23.18%), Fiber: 5.72g (22.88%), Magnesium: 89.8mg (22.45%), Vitamin E: 2.89mg (19.29%), Manganese: 0.35mg (17.48%), Vitamin B5: 1.62mg (16.19%), Folate: 54.11µg (13.53%), Vitamin B1: 0.19mg (12.64%), Iron: 2.18mg (12.09%), Copper: 0.2mg (10.13%), Calcium: 100.01mg (10%), Vitamin K: 8.51µg (8.1%), Vitamin B3: 1.53mg (7.66%), Zinc: 1.12mg (7.49%), Vitamin B2: 0.12mg (6.88%)