



Crusted Fish with Tomato-Bean Stew

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds toasted sliced
- 15 oz pinto beans rinsed canned
- 8 oz tomato sauce canned
- 1 cup chicken broth
- 1 tsp chili powder divided
- 1.5 lb filets skinless
- 1.5 cups rice white hot cooked
- 2 green onions chopped

- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup raisins
- 20 ritz crackers crushed
- 1 small onion yellow sliced

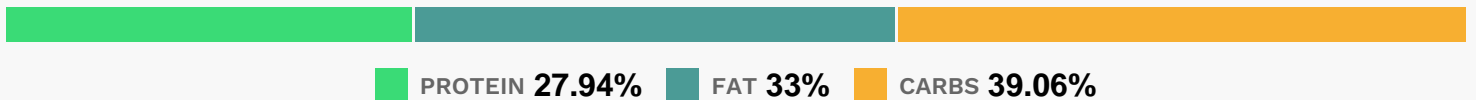
Equipment

- frying pan
- sauce pan

Directions

- Heat dressing in medium saucepan on medium-high heat.
- Add yellow onions; cook and stir 3 min.
- Add beans, tomato sauce, broth and 1/2 tsp. chili powder. Bring to boil. Simmer on medium-low heat 10 min., stirring occasionally.
- Meanwhile, place cracker crumbs in pie plate.
- Mix mayo and remaining chili powder; brush fish with mayo mixture. Dip in crumb mixture until coated on both sides; gently shake off excess crumb mixture. Cook in large nonstick skillet on medium-high heat 3 to 4 min. on each side or until fish flakes easily with fork. Meanwhile, stir raisins into stew; cook 5 min. or until stew is thickened, stirring occasionally.
- Spoon 1/4 cup rice onto each of 6 serving plates. Top with stew and fish.
- Sprinkle with nuts and green onions.

Nutrition Facts



Properties

Glycemic Index:12.56, Glycemic Load:3.78, Inflammation Score:-2, Nutrition Score:3.8960869882418%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 78.6kcal (3.93%), Fat: 2.89g (4.45%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.56g (2.38%), Sugar: 0.9g (1%), Cholesterol: 10.69mg (3.56%), Sodium: 156.48mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Selenium: 8.41µg (12.02%), Phosphorus: 77.9mg (7.79%), Manganese: 0.14mg (7.05%), Vitamin K: 6.88µg (6.56%), Potassium: 187.82mg (5.37%), Vitamin E: 0.79mg (5.3%), Vitamin B6: 0.09mg (4.58%), Fiber: 1.14g (4.58%), Magnesium: 18.19mg (4.55%), Vitamin B3: 0.8mg (3.98%), Vitamin B12: 0.21µg (3.5%), Iron: 0.59mg (3.25%), Copper: 0.06mg (3.22%), Vitamin B1: 0.04mg (2.94%), Vitamin B2: 0.05mg (2.89%), Folate: 8.91µg (2.23%), Calcium: 20.31mg (2.03%), Zinc: 0.3mg (2.02%), Vitamin A: 78.25IU (1.56%), Vitamin C: 1.25mg (1.51%), Vitamin D: 0.21µg (1.39%), Vitamin B5: 0.13mg (1.29%)