



HEALTH SCORE

100%

## Dishy fish chowder



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tbsp oil
- ☐ 1 large potatoes peeled cut into big chunks
- ☐ 1 medium onion chopped
- ☐ 1 tsp garlic paste finely chopped
- ☐ 800 g tomatoes chopped canned
- ☐ 2 tbsp tomato purée
- ☐ 0.5 tsp thyme leaves dried
- ☐ 1 tablespoon soya sauce

- ☐ 410 g .5 can cannellini beans drained and rinsed canned
- ☐ 500 g plump fish fillets white such as cod or hoki, in big chunks
- ☐ 1 handful parsley fresh chopped

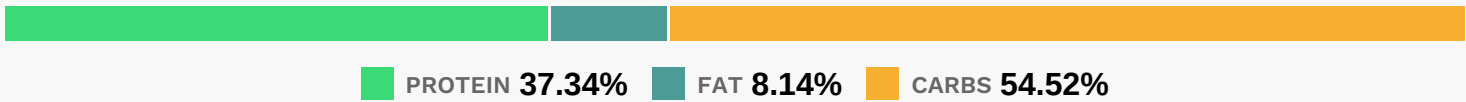
## Equipment

- ☐ frying pan
- ☐ wok

## Directions

- ☐ Heat the oil in a large frying pan or wok. Dry the potatoes in kitchen paper and tip into the hot fat. Cook them covered over a medium to high heat for 5 minutes, stirring occasionally, until the potatoes are golden.
- ☐ Add the onion and garlic and cook for 3–4 minutes more on a fairly high heat until the onion is nicely browned.
- ☐ Stir in the tomatoes, the tomato pure, thyme and soy sauce, and let it bubble away for a couple of minutes to make a sauce. Stir in the beans and salt and pepper, then sit the fish on top, tucking it into the sauce. Dont stir or the fish will break up. Cover and simmer for 4 minutes, just until the fish is cooked.
- ☐ Serve sprinkled with parsley.

## Nutrition Facts



## Properties

Glycemic Index:64.19, Glycemic Load:21.78, Inflammation Score:-9, Nutrition Score:35.303043199622%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

## Nutrients (% of daily need)

Calories: 396.38kcal (19.82%), Fat: 3.75g (5.77%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 56.54g (18.85%),  
Net Carbohydrates: 44.89g (16.32%), Sugar: 11.49g (12.76%), Cholesterol: 62.5mg (20.83%), Sodium: 657.55mg  
(28.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.73g (77.45%), Selenium: 55.75µg (79.64%),  
Manganese: 1.18mg (59.03%), Potassium: 1913.68mg (54.68%), Vitamin C: 41.11mg (49.83%), Fiber: 11.65g (46.6%),  
Vitamin B6: 0.92mg (45.8%), Phosphorus: 441.62mg (44.16%), Vitamin B3: 8.77mg (43.87%), Iron: 7.7mg (42.79%),  
Copper: 0.85mg (42.35%), Magnesium: 155.15mg (38.79%), Folate: 146.44µg (36.61%), Vitamin K: 36.93µg (35.17%),  
Vitamin B12: 1.98µg (32.92%), Vitamin E: 4.16mg (27.7%), Vitamin B1: 0.39mg (26.32%), Vitamin D: 3.88µg (25.83%),  
Calcium: 183.18mg (18.32%), Vitamin B5: 1.72mg (17.23%), Zinc: 2.49mg (16.63%), Vitamin B2: 0.27mg (16.1%),  
Vitamin A: 579.87IU (11.6%)