



Easy Fish Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.3 cup celery minced
- ☐ 1 teaspoon chili powder
- ☐ 1 pound cod white lean cut into bite-size pieces
- ☐ 1.5 cups whole-kernel corn frozen thawed
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

- ☐ 0.8 teaspoon salt
- ☐ 2 cups water
- ☐ 1 tablespoon worcestershire sauce

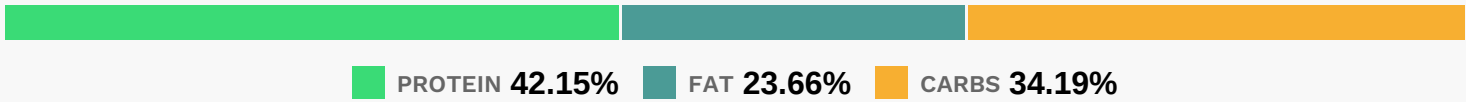
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add chopped onion, celery, and chili powder; saut 3 minutes or until tender.
- ☐ Stir in water and next 4 ingredients (water through tomatoes); cook 10 minutes.
- ☐ Add fish; cook 3 minutes or until fish is done. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2, Inflammation Score:-6, Nutrition Score:14.744782447815%

Flavonoids

Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 157.87kcal (7.89%), Fat: 4.41g (6.79%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 11.5g (4.18%), Sugar: 6.35g (7.06%), Cholesterol: 37.8mg (12.6%), Sodium: 556.6mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.37%), Vitamin K: 48.81µg (46.49%), Selenium: 32.49µg (46.42%), Vitamin B3: 4.33mg (21.67%), Vitamin B12: 1.19µg (19.91%), Phosphorus: 182.19mg (18.22%), Potassium: 576.14mg (16.46%), Vitamin D: 2.34µg (15.62%), Vitamin C: 12.76mg (15.46%), Vitamin B6: 0.28mg (14.24%), Folate: 52.92µg (13.23%), Manganese: 0.25mg (12.46%), Copper: 0.23mg (11.65%), Magnesium: 45.48mg (11.37%), Fiber: 2.84g (11.36%), Vitamin E: 1.7mg (11.31%), Iron: 1.87mg (10.37%), Vitamin A: 496.85IU (9.94%), Vitamin B2: 0.14mg (8.15%), Vitamin B1: 0.12mg (7.71%), Vitamin B5: 0.76mg (7.6%), Calcium: 50.05mg (5.01%), Zinc: 0.67mg

(4.48%)