



Escabeche de Pescado(Marinaded Fish or Pickled Fish)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 3 tablespoons capers
- ☐ 3 garlic cloves minced
- ☐ 4 juice of lime
- ☐ 1 cup olive oil
- ☐ 2 medium bell peppers red thinly sliced
- ☐ 2 medium onion red thinly sliced

- ☐ 6 servings salt and pepper
- ☐ 2 tablespoon sugar
- ☐ 2 pounds sword fish cut into pieces
- ☐ 6 servings vegetable oil for frying
- ☐ 5.5 cups vinegar white
- ☐ 1 teaspoon mustard yellow

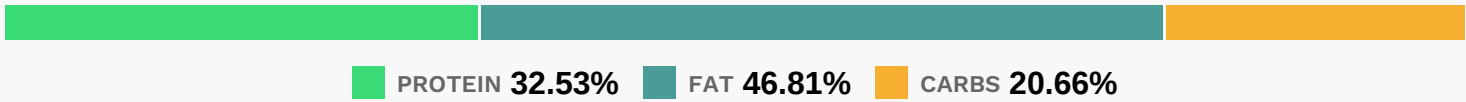
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place the fish in a plastic bowl and add the lime juice, salt and pepper.
- ☐ Place in the refrigerator for one hour.Dry the fish using paper towels and cover with all purpose flour. In a medium pan heat the vegetable oil over medium heat.
- ☐ Place all the ingredients in a bowl and mix well until combined.Take the fish from the oil and place in a glass dish. Cover the fish with the marinade.
- ☐ Place in the refrigerator for 24 hours.

Nutrition Facts



Properties

Glycemic Index:52.68, Glycemic Load:9.99, Inflammation Score:-9, Nutrition Score:29.926956156026%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 14.56mg, Quercetin: 14.56mg, Quercetin: 14.56mg, Quercetin: 14.56mg

Nutrients (% of daily need)

Calories: 435.16kcal (21.76%), Fat: 20.41g (31.4%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 18.25g (6.64%), Sugar: 7.72g (8.57%), Cholesterol: 99.79mg (33.26%), Sodium: 444.96mg (19.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.81%), Vitamin D: 21.02µg (140.11%), Selenium: 92.3µg (131.86%), Vitamin C: 60.13mg (72.88%), Vitamin B3: 12.85mg (64.24%), Vitamin B6: 1.01mg (50.64%), Phosphorus: 433.5mg (43.35%), Vitamin B12: 2.57µg (42.84%), Vitamin E: 5.04mg (33.62%), Vitamin A: 1440.38IU (28.81%), Potassium: 817.51mg (23.36%), Manganese: 0.34mg (17.19%), Vitamin B1: 0.24mg (16.25%), Magnesium: 60.6mg (15.15%), Folate: 50.32µg (12.58%), Vitamin K: 12.9µg (12.28%), Vitamin B2: 0.19mg (10.98%), Zinc: 1.31mg (8.72%), Iron: 1.54mg (8.58%), Fiber: 2.01g (8.05%), Vitamin B5: 0.78mg (7.83%), Copper: 0.13mg (6.75%), Calcium: 42.23mg (4.22%)