



Fish Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce mackerel undrained canned
- 1 eggs
- 1 onion sliced
- 4 potatoes sliced
- 4 servings pepper flakes red to taste
- 10.8 ounce all natural tomato soup canned (not condensed)

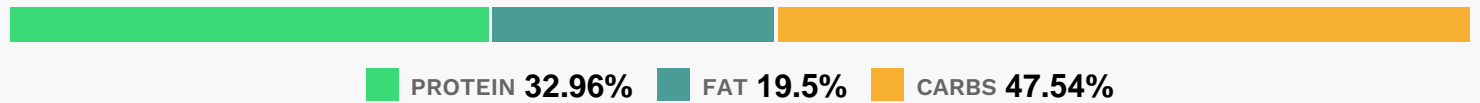
Equipment

- pot

Directions

- Place undrained mackerel, tomato soup (if using), potatoes, onion, and red pepper flakes in a medium stock pot.
- Add just enough water to cover.
- Bring to a boil over medium-high heat, reduce to a simmer, and cook 30 minutes, or until potatoes are tender.
- Break the egg over the stew, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:29.37, Inflammation Score:-9, Nutrition Score:34.503913215969%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 386.61kcal (19.33%), Fat: 8.46g (13.02%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 46.41g (15.47%), Net Carbohydrates: 39.11g (14.22%), Sugar: 6.36g (7.07%), Cholesterol: 124.91mg (41.64%), Sodium: 565.79mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.17g (64.35%), Vitamin B12: 7.48µg (124.6%), Selenium: 45.1µg (64.43%), Vitamin C: 51.98mg (63%), Vitamin D: 7.98µg (53.2%), Vitamin B6: 1.06mg (52.97%), Phosphorus: 501.54mg (50.15%), Vitamin B3: 10.02mg (50.09%), Potassium: 1420.54mg (40.59%), Calcium: 326.76mg (32.68%), Iron: 5.42mg (30.09%), Fiber: 7.3g (29.19%), Manganese: 0.58mg (29.02%), Copper: 0.56mg (28.22%), Magnesium: 110.61mg (27.65%), Vitamin A: 1281.34IU (25.63%), Vitamin B2: 0.41mg (24.1%), Vitamin E: 2.95mg (19.68%), Vitamin B1: 0.29mg (19.47%), Folate: 60.26µg (15.06%), Zinc: 2.18mg (14.55%), Vitamin B5: 1.39mg (13.87%), Vitamin K: 10.45µg (9.95%)