



Fish Stew

READY IN



45 min.

SERVINGS



5

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.3 cup catsup
- ☐ 0.8 pound freshwater fish fillets
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.7 cup non-fat milk powder dry instant
- ☐ 2 tablespoons onion finely chopped
- ☐ 1 teaspoon salt
- ☐ 3.5 cups water divided

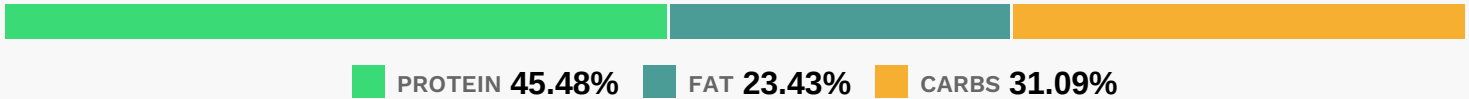
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a skillet until crisp; drain bacon, reserving drippings in skillet. Crumble bacon, and set aside.
- ☐ Saut onion in bacon drippings until tender; remove with a slotted spoon, and set aside.
- ☐ Saut fish in remaining drippings until fish is lightly browned.
- ☐ Remove fish from skillet, and cut into bite-size pieces.
- ☐ Combine bacon, onion, catsup, and 1/2 cup water in skillet. Simmer 5 minutes.
- ☐ Combine flour, milk powder, salt, and remaining water in a medium saucepan, stirring well. Cook over medium heat, stirring constantly, until thickened. Stir in fish mixture. Cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:1.74, Inflammation Score:-5, Nutrition Score:12.774782533231%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 184.57kcal (9.23%), Fat: 4.82g (7.41%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 14.2g (5.16%), Sugar: 11.05g (12.28%), Cholesterol: 43.03mg (14.34%), Sodium: 761.67mg (33.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.09%), Selenium: 35.7µg (51%), Vitamin B12: 1.76µg (29.4%), Phosphorus: 290.74mg (29.07%), Vitamin D: 3.9µg (26.03%), Calcium: 217.27mg (21.73%), Vitamin B2: 0.33mg (19.64%), Vitamin B3: 3.52mg (17.58%), Potassium: 552.17mg (15.78%), Vitamin B6: 0.22mg (10.82%),

Magnesium: 41.31mg (10.33%), Vitamin B5: 0.97mg (9.75%), Vitamin B1: 0.15mg (9.69%), Vitamin A: 413.54IU (8.27%), Folate: 31.66µg (7.91%), Zinc: 1.05mg (6.98%), Copper: 0.1mg (5.21%), Iron: 0.66mg (3.68%), Manganese: 0.07mg (3.4%), Vitamin E: 0.49mg (3.25%), Vitamin C: 1.88mg (2.27%), Vitamin K: 1.35µg (1.29%)