



Jerk Fish on Coconut Rice Topped with Banana and Pineapple Salsa



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup jasmine rice
- ☐ 1 batch jerk marinade
- ☐ 1 batch banana and pineapple salsa
- ☐ 1 cup coconut milk unsweetened
- ☐ 1 cup water
- ☐ 1 pound fish fillets white (I used tilapia)

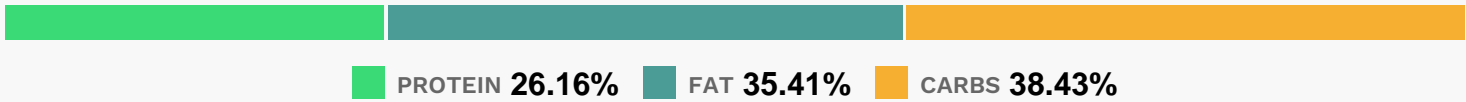
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Marinate the fish fillets for at least two hours in a ziplock bag in the fridge.Bring the rice, coconut milk and water to a boil, reduce the temperature to medium low, cover and let simmer until the rice is tender and the liquid has been absorbed, about 20 minutes.Meanwhile, place the fish and the marinade in a baking dish and bake in a preheated 350F oven until cooked, about 15–20 minutes.
- ☐ Serve the jerk fish on the coconut rice and top with the banana and pineapple salsa.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:22.26, Inflammation Score:-3, Nutrition Score:16.782173853206%

Nutrients (% of daily need)

Calories: 415.82kcal (20.79%), Fat: 16.52g (25.41%), Saturated Fat: 13.41g (83.8%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 38.4g (13.96%), Sugar: 2.07g (2.3%), Cholesterol: 56.7mg (18.9%), Sodium: 75.29mg (3.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.9%), Selenium: 58.11µg (83.02%), Manganese: 1.1mg (54.77%), Phosphorus: 306.12mg (30.61%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 5.63mg (28.14%), Vitamin D: 3.52µg (23.44%), Copper: 0.36mg (17.81%), Magnesium: 65.05mg (16.26%), Potassium: 554.58mg (15.85%), Vitamin B6: 0.28mg (14.02%), Vitamin B5: 1.13mg (11.32%), Iron: 1.99mg (11.08%), Folate: 40.53µg (10.13%), Zinc: 1.29mg (8.59%), Fiber: 1.93g (7.74%), Vitamin B1: 0.09mg (6.31%), Vitamin B2: 0.09mg (5.55%), Vitamin E: 0.61mg (4.05%), Calcium: 35.82mg (3.58%), Vitamin C: 1.68mg (2.04%), Vitamin K: 1.73µg (1.65%)