



Lemon Fish with Sweet Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



761 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter melted
- 1 pepper flakes
- 1 serving coconut or
- 0.5 cup coconut milk
- 2 fillet fish fillet
- 1 garlic clove
- 1 ice cubes
- 1 serving ice cubes

- 0.3 optional: lemon
- 0.5 onion red
- 1 serving parsley
- 1 tablespoon pepper
- 1 large sweet potatoes and into
- 1 teaspoon vegetable oil

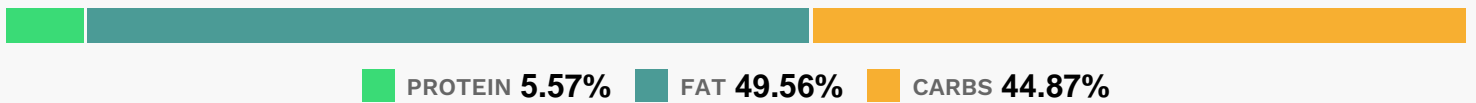
Equipment

- pot

Directions

- Wash and place your potatoes in a pot and bring to boil till soft. Peel, slice and set aside. Season your fish with pepper soup spice and set aside. Preheat your butter and vegetable oil and fry your onions and pepper on medium heat for one minute.
- Add your fish and squeeze your lemon over the fish and sprinkle the seasoning cube and allow to cook on low heat. When brown, flip over so it can brown on the other side. For your sauce, heat up your coconut milk, garlic, seasoning cube and parsley and allow to thicken a bit.
- Serve the fish and potato with the sauce drizzled over it and garnish with extra chili.

Nutrition Facts



Properties

Glycemic Index:406.5, Glycemic Load:41.03, Inflammation Score:-10, Nutrition Score:39.28652173913%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 11.57mg, Quercetin: 11.57mg,

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Taste

Sweetness: 57.11%, Saltiness: 3.96%, Sourness: 62.91%, Bitterness: 42.22%, Savoriness: 5.65%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 761.29kcal (38.06%), Fat: 44.09g (67.83%), Saturated Fat: 32.44g (202.77%), Carbohydrates: 89.81g (29.94%), Net Carbohydrates: 74.63g (27.14%), Sugar: 20.34g (22.6%), Cholesterol: 31.1mg (10.37%), Sodium: 308.99mg (13.43%), Protein: 11.15g (22.3%), Vitamin A: 49391.15IU (987.82%), Manganese: 2.88mg (144.04%), Vitamin C: 98.92mg (119.9%), Vitamin K: 97.42µg (92.78%), Fiber: 15.18g (60.72%), Vitamin B6: 1.12mg (56.24%), Potassium: 1815.79mg (51.88%), Copper: 1.01mg (50.29%), Magnesium: 172.72mg (43.18%), Iron: 7.68mg (42.69%), Phosphorus: 342.35mg (34.24%), Vitamin B5: 3.28mg (32.75%), Vitamin B1: 0.38mg (25.51%), Folate: 87.68µg (21.92%), Calcium: 192.9mg (19.29%), Vitamin B3: 3.54mg (17.72%), Vitamin B2: 0.29mg (17.2%), Zinc: 2.16mg (14.43%), Vitamin E: 2.07mg (13.77%), Selenium: 5.36µg (7.65%)