



Maman's Moroccan Fish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large chilies dried red
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 fillet fish fillet boneless firm (best if you use a , dense fish like halibut or snapper)
- ☐ 1 bunch cilantro leaves fresh cut into large pieces
- ☐ 5 large garlic clove coarsely chopped
- ☐ 1 tbsp paprika
- ☐ 1 bell pepper red seeded cut into long thin strips
- ☐ 4 servings salt and pepper to taste

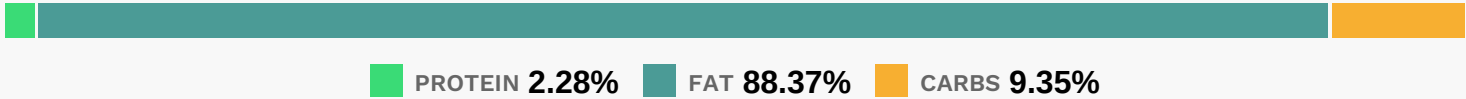
- ☐ 0.3 tsp turmeric
- ☐ 1.5 cups water

Equipment

Directions

- ☐ Save Recipe
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- ☐ Maman's Moroccan Fish
- ☐ Ingredients4 boneless fish fillets (best if you use a firm, dense fish like halibut or snapper)1 bunch fresh cilantro, cut into large pieces1 red bell pepper, seeded and cut into long thin strips5 large garlic cloves, coarsely chopped3 large dried red chili peppers1/4 tsp turmeric1 1/2 cups water1/3 cup extra virgin olive oil1 heaping tbsp paprika
- ☐ Salt and pepper to taste
- ☐ Servings: 4 servings
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:8.2417391311863%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 180.36kcal (9.02%), Fat: 18.39g (28.29%), Saturated Fat: 2.55g (15.97%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 2.89g (1.05%), Sugar: 1.64g (1.82%), Cholesterol: 0.5mg (0.17%), Sodium: 203.4mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin C: 39.96mg (48.43%), Vitamin A: 2003.42IU (40.07%), Vitamin E: 3.63mg (24.2%), Vitamin K: 20.36µg (19.39%), Vitamin B6: 0.18mg (8.98%),

Manganese: 0.15mg (7.31%), Fiber: 1.49g (5.96%), Iron: 0.77mg (4.3%), Folate: 16.36µg (4.09%), Potassium: 140.71mg (4.02%), Vitamin B2: 0.06mg (3.47%), Vitamin B3: 0.59mg (2.95%), Copper: 0.05mg (2.48%), Magnesium: 9.81mg (2.45%), Phosphorus: 22.44mg (2.24%), Vitamin B1: 0.03mg (2.1%), Vitamin B5: 0.18mg (1.79%), Calcium: 17.58mg (1.76%), Selenium: 1.13µg (1.61%), Zinc: 0.22mg (1.49%)