



Mexican Fish Stew

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce canned tomatoes (diced canned)
- 1 tablespoon new mexico chile powder
- 1 bunch cilantro leaves (coarsely chopped)
- 4 small pieces ears corn (frozen)
- 0.5 teaspoon thyme leaves (dried)
- 3 cloves garlic (minced)
- 4 servings kosher salt and pepper (freshly ground)
- 3 limes (juiced cut into wedges)

- 0.5 pound new potatoes sliced
- 2 tablespoons olive oil extra-virgin
- 1 large onion finely chopped
- 24 ounce tilapia fillets cut into 4 pieces

Equipment

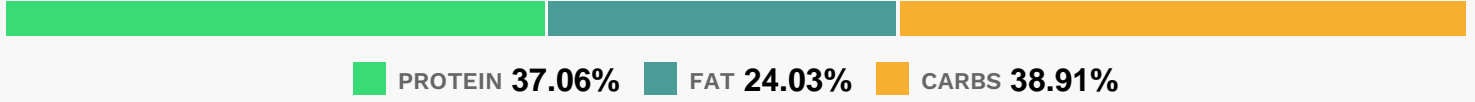
- bowl
- frying pan
- sauce pan

Directions

- Put the fish in a shallow dish and season with salt and pepper.
- Add the lime juice and toss; set aside.
- Put the potatoes in a saucepan, cover with water and season with salt. Bring to a boil; add the corn and cook, covered, until the vegetables are tender, about 8 minutes. Reserve 1 cup of the cooking water, then drain. Meanwhile, heat the olive oil in a large skillet over medium-high heat.
- Add all but 1/3 cup of the chopped onion to the skillet along with the thyme and cook until soft, about 2 minutes.
- Add the garlic, chile powder and half of the cilantro and cook, stirring, 2 minutes.
- Add the tomatoes and cook, stirring occasionally, until slightly reduced, about 4 minutes.
- Add the potatoes, corn and reserved cooking water.
- Add the fish and lime marinade to the skillet and simmer, spooning the sauce over the fish, until cooked through, about 5 minutes. Season with salt and pepper. Divide the stew among bowls and top with the remaining onion and cilantro.
- Serve with lime wedges.
- Per serving: Calories 381
- Fat 10 g (Saturated 2 g)
- Cholesterol 85 mg
- Sodium 333 mg

- Carbohydrate 36 g
- Fiber 5 g
- Protein 39 g
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:9.48, Inflammation Score:-9, Nutrition Score:28.266956495202%

Flavonoids

Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

Nutrients (% of daily need)

Calories: 410.56kcal (20.53%), Fat: 11.61g (17.86%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 35.55g (12.93%), Sugar: 11.16g (12.4%), Cholesterol: 85.05mg (28.35%), Sodium: 499.68mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.29g (80.59%), Selenium: 72.95µg (104.22%), Vitamin B3: 9.25mg (46.25%), Vitamin C: 37.92mg (45.96%), Vitamin B12: 2.69µg (44.79%), Phosphorus: 432.16mg (43.22%), Vitamin D: 5.27µg (35.15%), Vitamin B6: 0.67mg (33.33%), Potassium: 1160.97mg (33.17%), Vitamin A: 1353.46IU (27.07%), Fiber: 6.76g (27.02%), Magnesium: 103.37mg (25.84%), Folate: 101.05µg (25.26%), Manganese: 0.44mg (21.96%), Vitamin B1: 0.3mg (19.89%), Iron: 3.43mg (19.07%), Vitamin B5: 1.84mg (18.39%), Vitamin E: 2.7mg (17.99%), Vitamin K: 18.89µg (17.99%), Copper: 0.32mg (15.86%), Vitamin B2: 0.22mg (12.94%), Calcium: 97.28mg (9.73%), Zinc: 1.39mg (9.26%)