



Pescado con Aguacate Enchipotlado (Fish with Chipotle Avocado)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

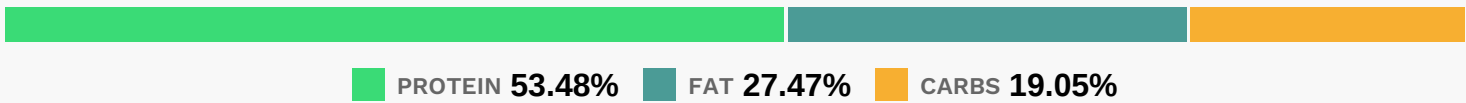
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup flour
- ☐ 4 servings pico de gallo
- ☐ 4 servings salsa
- ☐ 4 servings salt
- ☐ 2 tablespoons vegetable oil
- ☐ 32 ounce fish fillet white firm

Equipment

Directions

- ☐ Sprinkle fish with salt and pepper. Dredge in flour, shaking off excess.
- ☐ Saut fillets in vegetable oil 3 to 5 minutes on each side or until lightly browned.
- ☐ Serve with Avocado–Roasted Corn Pico de Gallo and Chipotle–Avocado Salsa.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.64, Inflammation Score:-6, Nutrition Score:22.014782542768%

Nutrients (% of daily need)

Calories: 353.54kcal (17.68%), Fat: 10.87g (16.73%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 15.94g (5.79%), Sugar: 3.14g (3.49%), Cholesterol: 113.4mg (37.8%), Sodium: 662.68mg (28.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.63g (95.25%), Selenium: 100.39µg (143.42%), Vitamin B12: 3.58µg (59.72%), Vitamin B3: 10.13mg (50.67%), Vitamin D: 7.03µg (46.87%), Phosphorus: 412.83mg (41.28%), Potassium: 785.57mg (22.44%), Vitamin B6: 0.43mg (21.54%), Folate: 84.32µg (21.08%), Magnesium: 69.65mg (17.41%), Vitamin K: 17.23µg (16.41%), Vitamin B1: 0.23mg (15.13%), Vitamin B2: 0.23mg (13.56%), Vitamin E: 1.86mg (12.43%), Vitamin B5: 1.24mg (12.39%), Manganese: 0.24mg (11.99%), Iron: 2.14mg (11.9%), Copper: 0.21mg (10.74%), Zinc: 0.92mg (6.16%), Vitamin A: 248.05IU (4.96%), Fiber: 1.02g (4.09%), Calcium: 34.55mg (3.45%), Vitamin C: 1.75mg (2.12%)