



 **65%**
HEALTH SCORE

Portuguese-Style Fish Stew

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 14.5 ounce canned tomatoes diced canned
- 4 slices top toasted
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic finely chopped
- 1 small bell pepper green thinly sliced
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin

- 1 small onion thinly sliced
- 1.5 pounds bass fillets skinless cut into 2-inch chunks
- 2 teaspoons paprika smoked sweet (or)

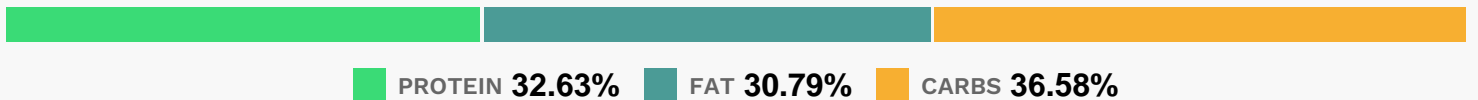
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Heat 2 tablespoons olive oil in a medium saucepan over medium-high heat.
- Add the bay leaves and paprika and cook, stirring, 30 seconds.
- Add the onion, bell pepper, tomatoes, garlic and 2 tablespoons of the cilantro; season with salt and pepper. Cover and cook until the vegetables are softened, about 10 minutes.
- Add 1 cup water and reduce the heat to medium low. Season the fish with salt and pepper, then nestle the pieces among the vegetables in the pan. Cover and simmer until the fish is just cooked through, 5 to 7 minutes.
- Divide the stew among bowls.
- Drizzle with the remaining 1 tablespoon olive oil and sprinkle with the remaining 2 tablespoons cilantro.
- Serve with the bread.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:28.23, Inflammation Score:-8, Nutrition Score:30.979565205781%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 479.8kcal (23.99%), Fat: 16.49g (25.37%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 39.68g (14.43%), Sugar: 8.78g (9.76%), Cholesterol: 136.08mg (45.36%), Sodium: 834.83mg (36.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.32g (78.64%), Selenium: 81.27µg (116.11%), Vitamin B12: 6.5µg (108.3%), Vitamin B1: 0.73mg (48.38%), Phosphorus: 450.48mg (45.05%), Vitamin B6: 0.83mg (41.42%), Vitamin B3: 8.14mg (40.7%), Vitamin C: 26.16mg (31.71%), Iron: 5.69mg (31.61%), Manganese: 0.63mg (31.57%), Magnesium: 114.96mg (28.74%), Folate: 113.79µg (28.45%), Potassium: 900.79mg (25.74%), Vitamin B2: 0.4mg (23.68%), Vitamin E: 3.32mg (22.13%), Vitamin A: 1006.02IU (20.12%), Vitamin B5: 1.85mg (18.5%), Copper: 0.37mg (18.45%), Fiber: 4.38g (17.51%), Vitamin K: 17.57µg (16.73%), Zinc: 1.74mg (11.58%), Calcium: 104.57mg (10.46%)