



Pusandao de Pescado (Fish and Vegetables in Coconut Milk)



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon achiote
- ☐ 2 tablespoons butter
- ☐ 3 cups coconut milk fresh canned
- ☐ 4 servings cilantro leaves fresh
- ☐ 1 garlic clove chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion chopped
- ☐ 2 plantains green cut into small chunks
- ☐ 2 medium potatoes peeled cut into chunks
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 4 fillet equal sizes of swordfish firm
- ☐ 1 tomatoes chopped
- ☐ 0.5 cup water
- ☐ 1 pound yuca cut into pieces

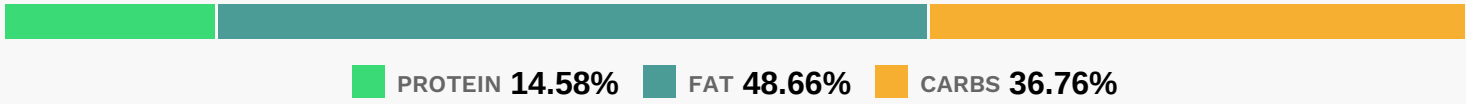
Equipment

- ☐ pot

Directions

- ☐ In a medium pot, over medium heat, warm the olive oil and butter.
- ☐ Add the onions, red pepper, garlic, tomato and sauté until tender and translucent, about 10 minutes, stirring occasionally.
- ☐ Add cumin, color, salt and pepper.
- ☐ Add the potatoes, plantains, yuca, coconut milk and water and bring to a boil. Reduce heat and simmer for about 30 minutes.
- ☐ Add the fish and cook for 15 minutes more.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:89.75, Glycemic Load:39.76, Inflammation Score:-9, Nutrition Score:48.999565083048%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 1157.78kcal (57.89%), Fat: 63.95g (98.38%), Saturated Fat: 45.03g (281.45%), Carbohydrates: 108.71g (36.24%), Net Carbohydrates: 97.39g (35.42%), Sugar: 13.01g (14.46%), Cholesterol: 127.25mg (42.42%), Sodium: 238.53mg (10.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.1g (86.2%), Vitamin D: 23.63µg (157.53%), Selenium: 110.15µg (157.36%), Manganese: 2.46mg (122.77%), Vitamin C: 89.32mg (108.26%), Vitamin B3: 17.49mg (87.43%), Vitamin B6: 1.55mg (77.7%), Phosphorus: 752.48mg (75.25%), Potassium: 2461.17mg (70.32%), Magnesium: 208.88mg (52.22%), Vitamin B12: 2.9µg (48.37%), Copper: 0.91mg (45.68%), Fiber: 11.31g (45.26%), Vitamin E: 4.97mg (33.13%), Vitamin B1: 0.48mg (31.84%), Iron: 5.7mg (31.68%), Folate: 119.35µg (29.84%), Zinc: 3.33mg (22.17%), Vitamin A: 1049.52IU (20.99%), Vitamin B5: 1.94mg (19.39%), Vitamin B2: 0.29mg (17.28%), Vitamin K: 10.57µg (10.07%), Calcium: 83.75mg (8.37%)