



Red Snapper Couscous

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup julienne-cut bell pepper red
- 2 cups couscous hot cooked
- 1 tablespoon cilantro leaves fresh chopped
- 1 cup artichoke hearts frozen
- 1 garlic clove minced
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground pepper red

- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 0.3 teaspoon paprika
- 1 cup potatoes red cubed
- 0.3 teaspoon salt
- 0.5 pound snapper fillet red cut into bite-size pieces
- 1 tablespoon tomato paste
- 1 cup vegetable broth canned

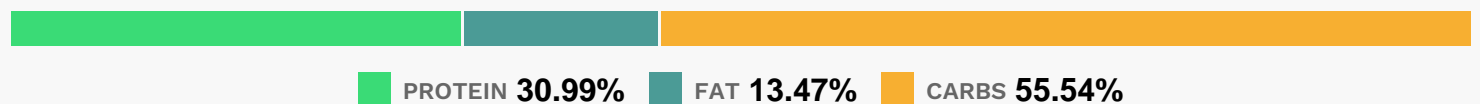
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, bell pepper, and garlic; saute 3 minutes.
- Add salt, cumin, cinnamon, paprika, and pepper; saute 30 seconds.
- Add potato, broth, and tomato paste; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- Add artichoke hearts and fish; cover and cook 10 minutes or until fish flakes easily when tested with a fork, stirring occasionally. Spoon fish mixture over couscous, and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:166.5, Glycemic Load:24.94, Inflammation Score:-9, Nutrition Score:33.659130594005%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 438.86kcal (21.94%), Fat: 6.64g (10.22%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 61.62g (20.54%), Net Carbohydrates: 52.06g (18.93%), Sugar: 5.94g (6.6%), Cholesterol: 41.96mg (13.99%), Sodium: 970.83mg (42.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.39g (68.77%), Selenium: 87.84µg (125.49%), Vitamin C: 64.35mg (78%), Vitamin D: 11.57µg (77.11%), Vitamin B12: 3.4µg (56.7%), Folate: 211.18µg (52.79%), Vitamin B6: 0.9mg (44.84%), Vitamin A: 2037.06IU (40.74%), Phosphorus: 383.43mg (38.34%), Fiber: 9.56g (38.23%), Potassium: 1266.96mg (36.2%), Manganese: 0.69mg (34.48%), Magnesium: 103mg (25.75%), Vitamin B3: 4.03mg (20.17%), Vitamin B1: 0.3mg (19.96%), Vitamin E: 2.94mg (19.62%), Vitamin B5: 1.96mg (19.56%), Vitamin B2: 0.28mg (16.76%), Iron: 2.45mg (13.62%), Copper: 0.27mg (13.59%), Zinc: 1.58mg (10.53%), Calcium: 98.42mg (9.84%), Vitamin K: 7.7µg (7.33%)