

Soft Manioc Polenta

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup manioc flour toasted
- 0.3 cup cilantro leaves fresh finely chopped
- 2 tablespoons parsley fresh finely chopped
- 1 garlic clove chopped
- 0.3 cup bell pepper green chopped
- 1 tablespoon juice of lime fresh
- 1 medium onion chopped
- 2 slices over-ripe plantain yellow 1-inch-thick peeled ()

- 0.3 teaspoon salt
- 16 shells (from 1 pound extra-large shrimp; optional)
- 1 pound tomatoes quartered
- 4 cups water
- 2 pound fish fillet
- 2 tablespoons bell pepper yellow chopped

Equipment

- bowl
- whisk
- pot
- sieve

Directions

- Bring fish bones, shrimp shells, tomatoes, onion, bell peppers, cilantro sprigs, parsley sprigs, lime juice, salt, garlic, plantain, and water to a boil in a 5- to 6-quart pot, then reduce heat and simmer stock, uncovered, until liquid is reduced to about 4 cups (vegetables will exude liquid as they cook), about 25 minutes.
- Pour stock through a fine-mesh sieve into a large bowl, discarding solids.
- If there is more than 4 cups, boil until reduced; if there is less, add water. If using stock right away, bring to a boil in cleaned pot; otherwise, chill, uncovered, until completely cooled, then cover.
- Add manioc flour in a thin stream to boiling stock, whisking constantly, then whisk in salt. Reduce heat to moderately low and cook, whisking, 1 minute. Stir in chopped herbs and let stand 2 minutes.
- Serve immediately.
- Stock can be chilled in an airtight container up to 3 days or frozen 3 months. Bring to a boil before adding manioc flour.

Nutrition Facts



■ PROTEIN 51.38% ■ FAT 10.29% ■ CARBS 38.33%

Properties

Glycemic Index:26.38, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:14.906956579374%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 187.83kcal (9.39%), Fat: 2.16g (3.32%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 16.64g (6.05%), Sugar: 2.86g (3.17%), Cholesterol: 56.7mg (18.9%), Sodium: 142.89mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.48%), Selenium: 48.8µg (69.72%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 4.88mg (24.4%), Vitamin C: 19.6mg (23.76%), Vitamin D: 3.52µg (23.44%), Vitamin K: 24.51µg (23.34%), Phosphorus: 232.36mg (23.24%), Potassium: 530.37mg (15.15%), Vitamin B6: 0.27mg (13.51%), Vitamin A: 616.08IU (12.32%), Magnesium: 42.17mg (10.54%), Folate: 41.83µg (10.46%), Iron: 1.78mg (9.86%), Manganese: 0.16mg (8.09%), Copper: 0.16mg (7.93%), Vitamin B5: 0.65mg (6.49%), Fiber: 1.44g (5.78%), Vitamin B1: 0.08mg (5.43%), Vitamin B2: 0.09mg (5.39%), Vitamin E: 0.81mg (5.38%), Calcium: 50.06mg (5.01%), Zinc: 0.56mg (3.76%)