



Spicy fish stew



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 garlic cloves crushed
- ☐ 1 tsp ground cumin
- ☐ 0.5 tsp paprika
- ☐ 200 g tomatoes chopped canned
- ☐ 1 bell pepper red deseeded cut into chunks
- ☐ 450 g fish fillets white cut into chunks
- ☐ 1 handful coriander roughly chopped

☐ 1 optional: lemon cut into wedges

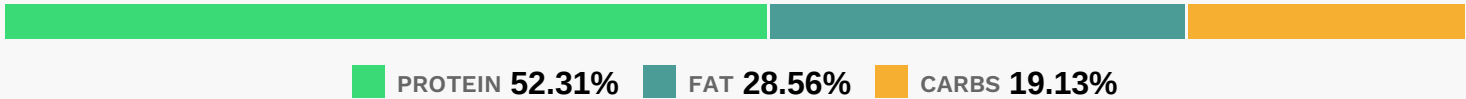
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a saucepan. Tip in the garlic, cumin and paprika and cook for 1 min.
- ☐ Add 100ml water and the tomatoes. Bring to the boil, then turn down the heat.
- ☐ Add the pepper, simmer for 5 mins.
- ☐ Add the fish, simmer for 5 mins.
- ☐ Serve with coriander and a wedge of lemon.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:18.683912878451%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 175.66kcal (8.78%), Fat: 5.88g (9.05%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 6.32g (2.3%), Sugar: 4.19g (4.65%), Cholesterol: 56.25mg (18.75%), Sodium: 128.05mg (5.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.5%), Vitamin C: 57.77mg (70.02%), Selenium: 47.73µg (68.18%), Vitamin B12: 1.78µg (29.63%), Vitamin B3: 5.39mg (26.97%), Vitamin A: 1260.48IU (25.21%), Vitamin D: 3.49µg (23.25%), Phosphorus: 225.48mg (22.55%), Vitamin B6: 0.39mg (19.69%), Potassium: 613.04mg (17.52%), Vitamin E: 2.22mg (14.77%), Folate: 51.01µg (12.75%), Magnesium: 49.08mg (12.27%), Manganese: 0.23mg (11.26%), Iron: 2.03mg (11.25%), Vitamin K: 11.17µg (10.64%), Copper: 0.2mg (10.2%), Fiber: 2.54g (10.17%), Vitamin B5: 0.85mg (8.54%), Vitamin B2: 0.14mg (8%), Vitamin B1: 0.12mg (7.88%), Calcium: 46.09mg (4.61%), Zinc: 0.66mg (4.37%)