

Spicy Fish Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups bottled clam juice
- ☐ 1.5 pounds cod white lean cut into 3- x 1-inch pieces
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh minced

- ☐ 3 garlic cloves minced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 1.5 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 1.3 pounds potatoes red halved
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups tomatoes peeled seeded chopped
- ☐ 1 tablespoon tomato paste

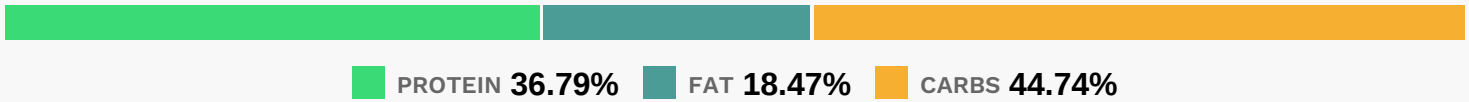
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion, bell pepper, crushed red pepper, and garlic; saut 5 minutes.
- ☐ Add potato and next 7 ingredients (potato through bay leaf); bring to a boil. Reduce heat; simmer 15 minutes. Stir in cod and sherry; cook an additional 15 minutes or until fish flakes easily when tested with a fork. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:29.43, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:18.561304258264%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.47mg, Apigenin: 2.47mg, Apigenin: 2.47mg, Apigenin: 2.47mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 0.34mg, Kaempferol: 0.34mg,

Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg

Nutrients (% of daily need)

Calories: 267.54kcal (13.38%), Fat: 5.06g (7.78%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 24.19g (8.79%), Sugar: 6.95g (7.72%), Cholesterol: 48.6mg (16.2%), Sodium: 513.87mg (22.34%), Alcohol: 3.97g (100%), Alcohol %: 1.29% (100%), Protein: 22.66g (45.33%), Selenium: 41.89µg (59.85%), Vitamin C: 32.93mg (39.92%), Potassium: 964.49mg (27.56%), Vitamin B3: 5.49mg (27.45%), Vitamin K: 27.82µg (26.49%), Vitamin B6: 0.52mg (25.92%), Phosphorus: 258.47mg (25.85%), Vitamin B12: 1.55µg (25.85%), Vitamin D: 3.01µg (20.09%), Manganese: 0.37mg (18.65%), Magnesium: 64.49mg (16.12%), Folate: 58.87µg (14.72%), Copper: 0.28mg (13.9%), Fiber: 3.37g (13.49%), Iron: 2.18mg (12.12%), Vitamin B1: 0.18mg (11.78%), Vitamin E: 1.47mg (9.77%), Vitamin B5: 0.91mg (9.09%), Vitamin B2: 0.15mg (8.88%), Vitamin A: 376.24IU (7.52%), Zinc: 0.89mg (5.97%), Calcium: 59.17mg (5.92%)