



WHATSheATE



Sudado de Pescado al Coco (Fish Stew with Coconut)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz coconut milk canned
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 1 teaspoons cumin powder
- ☐ 2 garlic cloves crushed
- ☐ 2 juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion finely chopped

- ☐ 1 teaspoon paprika
- ☐ 1 bell peppers red finely chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 2 pounds equal sizes of swordfish or any other fish, cut into pieces
- ☐ 4 tomatoes finely chopped

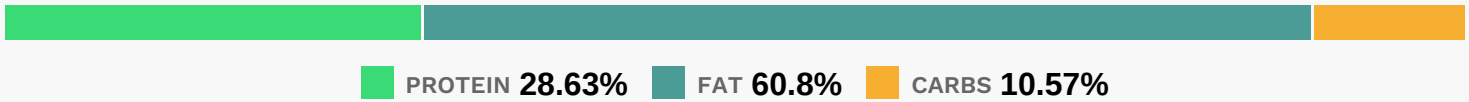
Equipment

- ☐ bowl

Directions

- ☐ Mix the lime juice, cumin, paprika, salt and pepper in a small bowl.
- ☐ Add the fish and marinate for 30 minutes.
- ☐ Heat the olive oil over medium heat, add the onions, garlic, tomatoes, red bell peppers and salt, cook for about 5 minutes on medium heat.
- ☐ Add the coconut milk and the sazón goya to the tomato mixture, mix it well and cook for about 7 minutes.
- ☐ Add the fish fillets, cover partially and let simmer for about 15 minutes.
- ☐ Sprinkle with cilantro and serve hot with rice and yuca or patacones.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:31.786956476129%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 448.04kcal (22.4%), Fat: 30.85g (47.46%), Saturated Fat: 17.08g (106.77%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 8.53g (3.1%), Sugar: 6.56g (7.28%), Cholesterol: 99.79mg (33.26%), Sodium: 333.7mg (14.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.36%), Vitamin D: 21.02µg (140.11%), Selenium: 91.24µg (130.34%), Vitamin B3: 13.03mg (65.13%), Vitamin C: 43.97mg (53.29%), Vitamin B6: 1.02mg (51.2%), Phosphorus: 490.23mg (49.02%), Vitamin B12: 2.57µg (42.84%), Manganese: 0.81mg (40.55%), Vitamin A: 1704.5IU (34.09%), Potassium: 1113.93mg (31.83%), Vitamin E: 4.73mg (31.56%), Magnesium: 85.43mg (21.36%), Copper: 0.31mg (15.48%), Fiber: 3.54g (14.16%), Iron: 2.38mg (13.22%), Vitamin B1: 0.19mg (12.8%), Vitamin K: 13.01µg (12.39%), Zinc: 1.73mg (11.53%), Folate: 41.74µg (10.43%), Vitamin B5: 0.85mg (8.49%), Vitamin B2: 0.13mg (7.57%), Calcium: 41.56mg (4.16%)