



Sudado de Pescado (Colombian-Style Fish Stew)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 6 servings salt and pepper
- ☐ 1 scallion chopped

- ☐ 2 pounds sword fish steaks
- ☐ 1 cup tomatoes chopped
- ☐ 2 cups water
- ☐ 1 pound yuca frozen (cassava)

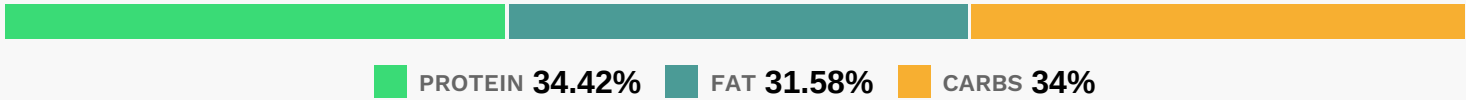
Equipment

- ☐ pot

Directions

- ☐ In a large pot, heat the vegetable oil over medium heat.
- ☐ Add the onion and scallions and sauté until onions are translucent, about 3 minutes. Then add the tomatoes, garlic, salt and ground pepper and sauté for 5 more minutes.
- ☐ Add water, yuca and cumin powder. Reduce the heat to medium low, cover, and cook for 10 minutes, stirring occasionally.
- ☐ Add Fish steaks and cilantro and cook for an additional 15 minutes or until the fish is cooked and the yuca is tender.
- ☐ Serve with white rice and fried sweet plantains on the side.

Nutrition Facts



Properties

Glycemic Index:37.54, Glycemic Load:17.26, Inflammation Score:-7, Nutrition Score:25.726521792619%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 368.61kcal (18.43%), Fat: 12.7g (19.54%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 28.9g (10.51%), Sugar: 2.28g (2.54%), Cholesterol: 99.79mg (33.26%), Sodium: 333.33mg

(14.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.16g (62.32%), Vitamin D: 21.02µg (140.11%), Selenium: 87.45µg (124.93%), Vitamin B3: 12.56mg (62.81%), Vitamin B6: 0.92mg (46.23%), Vitamin B12: 2.57µg (42.84%), Phosphorus: 416.52mg (41.65%), Potassium: 919.51mg (26.27%), Vitamin E: 3.7mg (24.69%), Vitamin C: 20.19mg (24.48%), Manganese: 0.36mg (18.21%), Magnesium: 65.22mg (16.31%), Vitamin B1: 0.19mg (13%), Vitamin K: 11.2µg (10.67%), Vitamin A: 465.35IU (9.31%), Zinc: 1.34mg (8.95%), Copper: 0.17mg (8.53%), Folate: 30.15µg (7.54%), Fiber: 1.87g (7.48%), Vitamin B2: 0.13mg (7.45%), Vitamin B5: 0.65mg (6.49%), Iron: 1.03mg (5.75%), Calcium: 30.52mg (3.05%)