



HEALTH SCORE

63%

Viudo de Pescado (Fish Widower)



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**577 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds fish fillet cut into pieces (swordfish or catfish)
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 plantains green peeled cut into big pieces
- ☐ 6 small potatoes peeled
- ☐ 0.5 pound pumpkin peeled cut into pieces
- ☐ 6 servings salt and pepper to taste
- ☐ 2 scallions
- ☐ 10 cups water

- ☐ 0.5 onion white cut into big pieces
- ☐ 2 garlic cloves whole
- ☐ 1 pound yuca peeled cut into pieces

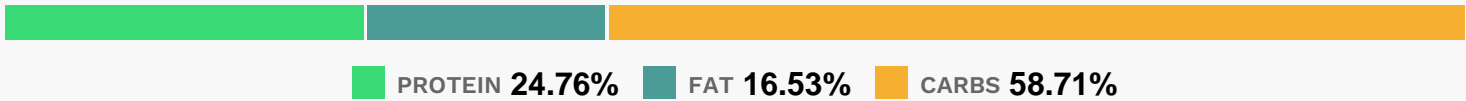
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot place the water with the onions, garlic cloves, scallions, cumin, salt, pepper and the plantains. Cook over medium heat for about 5 minutes.Reduce the heat to medium-low.
- ☐ Add the potatoes, yuca and pumpkin, and cook for about 10 minutes more.
- ☐ Add the fish and cook for about 10 to 15 minutes more or until the vegetables are tender and the fish is cooked.
- ☐ Place all the vegetables and fish on individual plates except the broth, dividing the fish, and vegetables evenly.Then top with hogao and serve with white rice and avocado on the side. Taste and adjust the seasoning.
- ☐ Serve the broth in small bowls and garnish with fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:40.51, Inflammation Score:-10, Nutrition Score:40.300869444142%

Flavonoids

Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 577.17kcal (28.86%), Fat: 10.56g (16.24%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 84.38g (28.13%), Net Carbohydrates: 77.48g (28.17%), Sugar: 5.52g (6.13%), Cholesterol: 99.79mg (33.26%), Sodium: 359.79mg (15.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.58g (71.16%), Vitamin D: 21.02µg (140.11%), Selenium: 88.16µg (125.94%), Vitamin C: 66.27mg (80.33%), Vitamin B6: 1.48mg (74.02%), Vitamin B3: 14.77mg (73.86%), Vitamin A: 3454.79IU (69.1%), Potassium: 1969.71mg (56.28%), Phosphorus: 544.49mg (54.45%), Vitamin B12: 2.57µg (42.84%), Manganese: 0.72mg (36.02%), Magnesium: 134.35mg (33.59%), Fiber: 6.9g (27.6%), Vitamin B1: 0.4mg (26.88%), Copper: 0.51mg (25.5%), Vitamin E: 3.65mg (24.3%), Folate: 77.74µg (19.43%), Iron: 3.06mg (17.01%), Vitamin B2: 0.28mg (16.43%), Vitamin B5: 1.56mg (15.62%), Zinc: 2.07mg (13.78%), Vitamin K: 13.58µg (12.93%), Calcium: 69.49mg (6.95%)