



Arctic Char with Bouillabaisse Broth



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon aniseed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce bottled clam juice
- ☐ 0.5 pound fennel bulb cut into 8 wedges
- ☐ 1 cup fennel bulb finely chopped
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons olive oil divided

- ☐ 1 cup onion finely chopped
- ☐ 0.8 teaspoon saffron threads crushed
- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shallots finely chopped
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups water
- ☐ 12 ounces yukon gold potatoes cubed peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Heat 1 teaspoon oil in a large saucepan over medium heat.
- ☐ Add onion and next 6 ingredients (onion through garlic); cook 7 minutes or until tender, stirring frequently. Stir in water, tomato paste, and clam juice; bring to a boil. Reduce heat, and simmer 45 minutes.
- ☐ Strain mixture through a sieve over a bowl; discard solids. Return mixture to pan; bring to a boil.
- ☐ Add potato; cook 5 minutes.
- ☐ Add fennel; cook 4 minutes.
- ☐ Remove from heat, and keep warm.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:114.44, Glycemic Load:14.2, Inflammation Score:-8, Nutrition Score:36.242608671603%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg

Nutrients (% of daily need)

Calories: 407.9kcal (20.4%), Fat: 13.27g (20.42%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 28.16g (10.24%), Sugar: 8.9g (9.89%), Cholesterol: 93.55mg (31.18%), Sodium: 688.7mg (29.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.92g (75.84%), Selenium: 64.06µg (91.52%), Vitamin B6: 1.83mg (91.33%), Vitamin B12: 5.43µg (90.43%), Vitamin B3: 15.23mg (76.15%), Vitamin K: 53.45µg (50.9%), Potassium: 1744.55mg (49.84%), Phosphorus: 460.78mg (46.08%), Vitamin B2: 0.73mg (43.17%), Vitamin C: 35.25mg (42.73%), Vitamin B5: 3.41mg (34.07%), Vitamin B1: 0.5mg (33.6%), Copper: 0.67mg (33.29%), Magnesium: 96.65mg (24.16%), Manganese: 0.48mg (24.01%), Fiber: 5.91g (23.65%), Folate: 93.18µg (23.3%), Iron: 3.28mg (18.24%), Zinc: 1.74mg (11.57%), Calcium: 98.11mg (9.81%), Vitamin A: 396.02IU (7.92%), Vitamin E: 1.17mg (7.81%)