



HEALTH SCORE

51%

Bouillabaisse



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices baguette ()
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 pound hard-shelled clams scrubbed
- ☐ 1.5 tablespoons sea salt
- ☐ 0.3 cup fennel fronds finely chopped (sometimes called anise)
- ☐ 3 pounds fish fillets white red cut into 2-inch pieces (such as monkfish, turbot, snapper, striped bass, porgy, grouper, and/or cod)
- ☐ 9 cups fish stock white store-bought (or)
- ☐ 1 garlic clove halved

- ☐ 4 garlic cloves chopped
- ☐ 1 lb live lobster
- ☐ 0.5 pound cultivated mussels scrubbed
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 1 lb potatoes boiling
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 0.5 pound shrimp in shells
- ☐ 2 large tomatoes peeled coarsely chopped
- ☐ 1 turkish or
- ☐ 8 servings rouille
- ☐ 8 servings rouille

Equipment

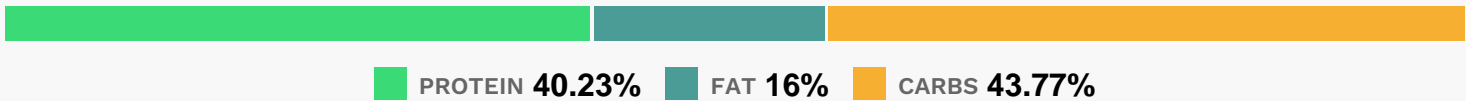
- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ rolling pin
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

Directions

- ☐ Put oven rack in middle position and preheat oven to 250°F.
- ☐ Arrange bread slices in 1 layer in a shallow baking pan and brush both sides with oil.
- ☐ Bake until crisp, about 30 minutes. Rub 1 side of each toast with a cut side of garlic.

- ☐ Plunge lobster headfirst into a 6- to 8-quart pot of boiling water, then cook, covered, 2 minutes from time lobster enters water.
- ☐ Transfer lobster with tongs to a colander and let stand until cool enough to handle. Discard hot water in pot. Put lobster in a shallow baking pan. Twist off claws with knuckles from body, then crack claws with a mallet or rolling pin and separate claws from knuckles. Halve body and tail lengthwise through shell with kitchen shears, then cut crosswise through shell into 2-inch pieces. Reserve lobster juices that accumulate in baking pan.
- ☐ Cook tomatoes, onion, and garlic in oil in cleaned 6- to 8-quart pot over moderate heat, stirring occasionally, until onion is softened, 5 to 7 minutes. Meanwhile, peel potatoes and cut into 1/2-inch cubes. Stir potatoes into tomatoes with fennel fronds, bay leaf, saffron, sea salt, and pepper.
- ☐ Add stock and bring to a boil, then reduce heat and simmer, covered, until potatoes are almost tender, 8 to 10 minutes.
- ☐ Add thicker pieces of fish and cockles to soup and simmer, covered, 2 minutes. Stir in mussels, shrimp, lobster, including juices, and remaining fish and simmer, covered, until they are just cooked through and mussels open wide, about 5 minutes.
- ☐ Stir 3 tablespoons broth from soup into rouille until blended.
- ☐ Arrange 2 croutons in each of 6 to 8 deep soup bowls. Carefully transfer fish and shellfish from soup to croutons with a slotted spoon, then ladle some broth with vegetables over seafood.
- ☐ Top each serving with 1 teaspoon rouille and serve remainder on the side.

Nutrition Facts



Properties

Glycemic Index:57.84, Glycemic Load:25.77, Inflammation Score:-8, Nutrition Score:34.669130325317%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 548.55kcal (27.43%), Fat: 9.67g (14.88%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 59.55g (19.85%), Net Carbohydrates: 55.62g (20.23%), Sugar: 6.14g (6.82%), Cholesterol: 110.53mg (36.84%), Sodium: 2694.19mg (117.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.72g (109.45%), Selenium: 117.75µg (168.21%), Vitamin B12: 5.38µg (89.6%), Vitamin B3: 14.54mg (72.71%), Manganese: 1.27mg (63.26%), Phosphorus: 589mg (58.9%), Potassium: 1370.27mg (39.15%), Copper: 0.76mg (37.92%), Vitamin D: 5.27µg (35.15%), Folate: 137.81µg (34.45%), Vitamin B1: 0.48mg (31.81%), Vitamin B6: 0.6mg (29.91%), Iron: 4.91mg (27.3%), Magnesium: 108.64mg (27.16%), Vitamin B2: 0.43mg (25.28%), Calcium: 195.67mg (19.57%), Zinc: 2.76mg (18.39%), Vitamin C: 14.68mg (17.8%), Vitamin B5: 1.68mg (16.84%), Fiber: 3.93g (15.72%), Vitamin E: 2.18mg (14.51%), Vitamin K: 13.87µg (13.21%), Vitamin A: 437.36IU (8.75%)