

Bouillabaisse Broth



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



66 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 garlic clove pressed peeled
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 cup wine dry white
- ☐ 5 cups fat-skimmed beef broth
- ☐ 1 cup fennel bulb chopped
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.1 teaspoon turmeric

☐ 1 tablespoon tomato paste

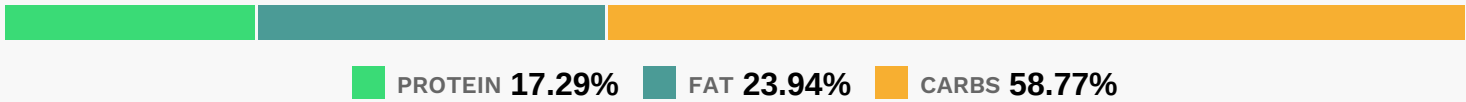
Equipment

☐ frying pan

Directions

- ☐ In a 2 1/2- to 3-quart pan over medium-high heat, frequently stir olive oil, onion, fennel, and garlic until onion is limp, about 5 minutes.
- ☐ Add chicken broth, white wine, tomato paste, thyme, and saffron or turmeric; bring to a boil. Reduce heat, cover, and simmer until vegetables are soft when pressed, about 15 minutes. Measure broth; if less than 6 cups, add more fat-skimmed chicken broth or water.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:4.211304338082%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 66.15kcal (3.31%), Fat: 1.07g (1.65%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.84g (1.76%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 805.69mg (35.03%), Alcohol: 4.12g (100%), Alcohol %: 1.9% (100%), Protein: 1.74g (3.48%), Vitamin K: 11.53µg (10.99%), Manganese: 0.17mg (8.55%), Selenium: 4.8µg (6.85%), Vitamin B3: 1.32mg (6.6%), Vitamin B12: 0.38µg (6.31%), Potassium: 218.38mg (6.24%), Vitamin C: 4.81mg (5.83%), Vitamin B6: 0.11mg (5.52%), Phosphorus: 47.72mg (4.77%), Fiber: 1.08g (4.32%), Iron: 0.75mg (4.19%), Vitamin B2: 0.06mg (3.75%), Copper: 0.07mg (3.63%), Vitamin B5: 0.32mg (3.24%), Magnesium: 12.74mg (3.19%), Folate: 11.87µg (2.97%), Calcium: 29.7mg (2.97%), Vitamin B1: 0.03mg (2.27%), Vitamin

E: 0.31mg (2.05%), Zinc: 0.2mg (1.34%), Vitamin A: 63.93IU (1.28%)