



## Bouillabaisse Fondue

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings bouillabaisse broth
- 6 servings croutons
- 12 thin-skinned potatoes red scrubbed ()
- 0.5 pound sea scallops
- 0.5 pound shrimp (shelled deveined per lb.), and
- 0.5 pound boned
- 6 servings rouille
- 6 servings rouille

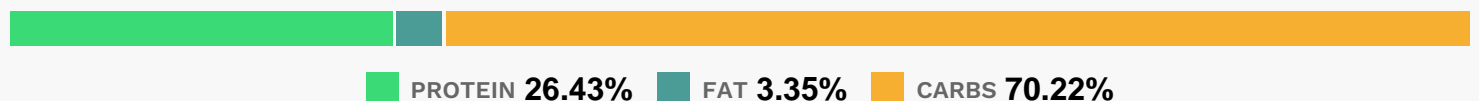
## Equipment

- bowl
- frying pan
- ladle
- skewers

## Directions

- In a 3- to 4-quart pan over high heat, bring about 1 quart water to a boil.
- Add potatoes. Cover and simmer until potatoes are tender when pierced, 15 to 20 minutes.
- Drain; keep warm.
- Meanwhile, rinse fish, scallops, and shrimp; pat dry.
- Cut fish into 1/4-inch-thick slices about 2 inches long.
- Cut scallops crosswise into 1/4-inch-thick slices.
- Cut shrimp in half lengthwise. Arrange fish, scallops, and shrimp on a flat dish.
- In a 3-quart metal chafing dish or pan over high heat, bring all the broth to a boil. If using a 2-quart fondue pan, fill it halfway with boiling broth (keep remaining broth hot; cover and set over lowest heat on a range).
- Set container over an ignited alcohol or canned solid-fuel flame. Adjust for maximum heat.
- Place potatoes, seafood, rouille, and croutons alongside.
- Spear potatoes or seafood, 1 piece at a time, on fondue forks or thin skewers (metal or wood) and immerse in broth. Cook potatoes until warm or hot, and seafood until barely opaque in thickest part, 30 seconds to 1 minute. Dip hot foods into rouille to taste, or spread rouille onto croutons to eat. If broth stops simmering, return to high heat on a range burner until boiling. Return to fondue burner. As broth in 2-quart pan evaporates, add remaining broth.
- When potatoes and seafood are consumed, ladle cooking broth into bowls.
- Spread any remaining croutons with remaining rouille; eat while sipping broth.

## Nutrition Facts



## Properties

Glycemic Index:27.83, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:25.247391550437%

## Flavonoids

Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

## Nutrients (% of daily need)

Calories: 406.63kcal (20.33%), Fat: 1.54g (2.37%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 72.68g (24.23%), Net Carbohydrates: 65.39g (23.78%), Sugar: 7.49g (8.33%), Cholesterol: 88.45mg (29.48%), Sodium: 1242.52mg (54.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.71%), Potassium: 2281.25mg (65.18%), Phosphorus: 557.36mg (55.74%), Vitamin B6: 0.96mg (47.96%), Vitamin C: 36.64mg (44.41%), Vitamin B3: 7.68mg (38.38%), Copper: 0.74mg (36.88%), Selenium: 24.58µg (35.11%), Manganese: 0.63mg (31.44%), Magnesium: 124.27mg (31.07%), Fiber: 7.29g (29.17%), Vitamin B1: 0.37mg (24.86%), Folate: 88.58µg (22.15%), Iron: 3.55mg (19.73%), Zinc: 2.4mg (16.01%), Vitamin B12: 0.95µg (15.81%), Vitamin B5: 1.4mg (14.04%), Vitamin D: 1.78µg (11.84%), Vitamin K: 12.35µg (11.77%), Vitamin A: 556.83IU (11.14%), Vitamin B2: 0.15mg (8.93%), Calcium: 72.47mg (7.25%), Vitamin E: 0.27mg (1.82%)