



Bouillabaisse, Simplified



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce canned tomatoes whole peeled canned
- ☐ 6 cups bottled clam juice (sold at most fish markets)
- ☐ 1 small fennel bulb thinly sliced
- ☐ 2 cloves garlic peeled smashed
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion peeled sliced
- ☐ 1 strip orange zest
- ☐ 1 bunch parsley italian chopped

☐ 1 large pinch saffron threads for 10 minutes

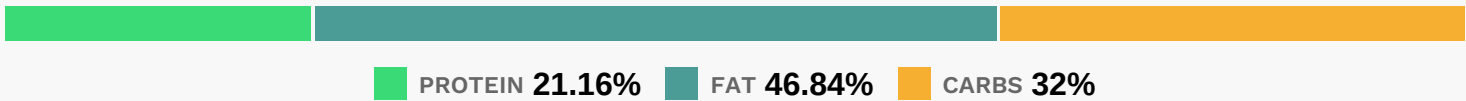
Equipment

☐ pot

Directions

- ☐ Heat the olive oil in a large, heavy pot over medium-high heat.
- ☐ Add the garlic, onion, and fennel and saut until just brown, 5 to 10 minutes.
- ☐ Add the saffron (if using), orange zest, tomatoes, and stock or clam juice.
- ☐ Bring to a boil and cook until the vegetables are tender and the liquid is reduced by half, about 20 minutes.
- ☐ Reduce heat to medium and add the fish (but not shellfish). Cook for about 2 minutes.
- ☐ Add any clams, mussels, and shrimp. Simmer until the shells just begin to open, about 4 minutes more.
- ☐ Add any crabmeat.
- ☐ Cook until all shells have opened, the shrimp is pink and curled, and the fish flakes easily, about 2 minutes.
- ☐ Serve from the pot, sprinkled with the parsley and topped with crusty bread and a dollop of rouille.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:13.92086951629%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 118.94kcal (5.95%), Fat: 6.4g (9.85%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 7.17g (2.61%), Sugar: 4.49g (4.99%), Cholesterol: 0mg (0%), Sodium: 897.39mg (39.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.01%), Vitamin K: 185.62µg (176.79%), Vitamin C: 26.17mg (31.72%), Vitamin B3: 4.23mg (21.14%), Vitamin A: 942.02IU (18.84%), Potassium: 589.89mg (16.85%), Calcium: 134.09mg (13.41%), Phosphorus: 119.66mg (11.97%), Vitamin E: 1.79mg (11.95%), Iron: 2.13mg (11.81%), Folate: 44.95µg (11.24%), Copper: 0.22mg (11.15%), Fiber: 2.67g (10.66%), Manganese: 0.19mg (9.48%), Vitamin B6: 0.17mg (8.39%), Vitamin B2: 0.14mg (8.21%), Magnesium: 23.94mg (5.98%), Vitamin B12: 0.24µg (4.07%), Zinc: 0.57mg (3.81%), Vitamin B1: 0.06mg (3.73%), Selenium: 2.33µg (3.32%), Vitamin B5: 0.25mg (2.45%)