



Brodetto: Fish Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 16 ounce canned tomatoes whole with your hands canned
- ☐ 6 celery stalks with leaves cleaned chopped in to 1/2-inch pieces
- ☐ 24 cherry tomatoes cut in half
- ☐ 6 razor clams
- ☐ 0.8 pound cuttlefish cleaned sliced
- ☐ 3 cups cooking wine dry white
- ☐ 4 tablespoons olive oil extra virgin

- ☐ 4 medium size garlic clove smashed
- ☐ 6 langoustine whole
- ☐ 2 sprigs marjoram
- ☐ 12 mussels scrubbed
- ☐ 1 bunch parsley italian finely chopped
- ☐ 2 sprigs parsley
- ☐ 2 peperoncino cut in half
- ☐ 8 servings salt and pepper to taste
- ☐ 3 pound stripped bass cut in half across the mid section.
- ☐ 6 head on shrimp whole
- ☐ 5 small spring onion with green tops white and green part sliced 1/
- ☐ 0.5 pound squid and 1 cleaned sliced
- ☐ 2 sprigs thyme leaves

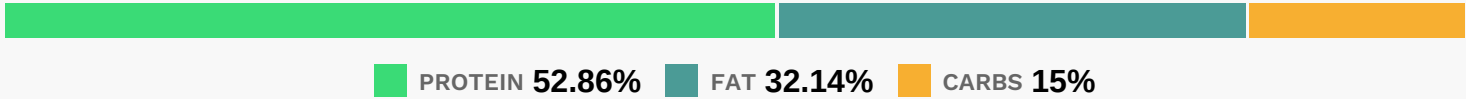
Equipment

- ☐ ladle
- ☐ pot

Directions

- ☐ In a large stock pot over medium high heat add olive oil, celery, spring onion, marjoram, parsley, thyme, and garlic saute until onions begin to become transparent about 5 minutes.
- ☐ Add the vinegar, cherry tomatoes, peperoncino, canned whole tomato, cuttlefish and wine. Allow to come up to a simmer and then cook for 10 minutes.
- ☐ Add the Branzino by placing on top of the broth and very gently pushing the fish down. Allow to cook 5 minutes.
- ☐ Add the mussels, razor clams, langoustine, shrimp, and squid by placing on top of broth and fish gently pushing down with a large ladle and basting the shell fish with the hot broth. Cover stockpot with a lid and cook for 2 to 3 minutes until mussels and clams are all open and langoustine shrimp and squid are cooked through. Taste and season with salt and pepper. Carefully remove to serving platter and sprinkle parsley on top.;

Nutrition Facts



Properties

Glycemic Index:47.88, Glycemic Load:2.55, Inflammation Score:-9, Nutrition Score:37.001739253169%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 16mg, Apigenin: 16mg, Apigenin: 16mg, Apigenin: 16mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 414.04kcal (20.7%), Fat: 12.28g (18.89%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 10.84g (3.94%), Sugar: 5.78g (6.42%), Cholesterol: 255.89mg (85.3%), Sodium: 613.63mg (26.68%), Alcohol: 9.27g (100%), Alcohol %: 2.42% (100%), Protein: 45.44g (90.89%), Vitamin B12: 9.81µg (163.53%), Selenium: 101.01µg (144.31%), Vitamin K: 139.14µg (132.51%), Phosphorus: 654.7mg (65.47%), Copper: 1.03mg (51.54%), Vitamin C: 34.97mg (42.38%), Manganese: 0.84mg (41.9%), Vitamin B6: 0.81mg (40.49%), Iron: 6.91mg (38.39%), Vitamin B2: 0.65mg (38.37%), Potassium: 1122.45mg (32.07%), Magnesium: 127.48mg (31.87%), Vitamin B3: 6.16mg (30.81%), Vitamin A: 1424.46IU (28.49%), Vitamin B5: 2.02mg (20.17%), Vitamin B1: 0.28mg (18.65%), Zinc: 2.54mg (16.97%), Vitamin E: 2.52mg (16.83%), Folate: 59.59µg (14.9%), Calcium: 135mg (13.5%), Fiber: 2.06g (8.24%)