

food
network



HEALTH SCORE

54%

Cioppin



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices country bread
- ☐ 1 carrots chopped
- ☐ 1 rib celery sliced
- ☐ 0.5 pound cod fillet
- ☐ 1 cup cooking wine dry white
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.5 pound grouper fillet
- ☐ 0.5 pound halibut fillet

- ☐ 1 medium onion chopped
- ☐ 1 bunch parsley italian finely chopped
- ☐ 4 servings salt and pepper
- ☐ 0.5 pound snapper fillet
- ☐ 1 cup basic tomato sauce
- ☐ 6 tablespoons virgin olive oil

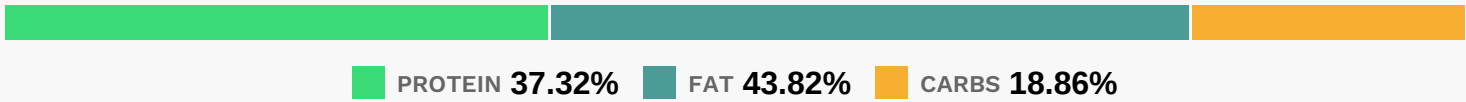
Equipment

- ☐ bowl
- ☐ grill
- ☐ dutch oven

Directions

- ☐ In a Dutch oven with a thick bottom, heat olive oil until smoking.
- ☐ Add onion, celery, carrots and garlic and cook until softened and light brown.
- ☐ Add white wine, tomato sauce and bring to a boil.
- ☐ Add fish, cover and bring to a boil. Lower heat and simmer 25 minutes. Check for seasoning with salt and pepper and adjust with water if too thick.
- ☐ Add parsley and stir through. Grill bread and place on bottom of each of 4 bowls. Divide soup among 4 bowls and serve.

Nutrition Facts



Properties

Glycemic Index:84.13, Glycemic Load:9.94, Inflammation Score:-10, Nutrition Score:37.455217610235%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 31.01mg, Apigenin: 31.01mg, Apigenin: 31.01mg, Apigenin: 31.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 2.18mg, Myricetin: 2.18mg, Myricetin: 2.18mg, Myricetin: 2.18mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 561.46kcal (28.07%), Fat: 25.13g (38.67%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 20.71g (7.53%), Sugar: 6.53g (7.26%), Cholesterol: 94.12mg (31.37%), Sodium: 783.6mg (34.07%), Alcohol: 6.18g (100%), Alcohol %: 1.68% (100%), Protein: 48.16g (96.32%), Vitamin K: 254.89µg (242.75%), Selenium: 96.1µg (137.29%), Vitamin A: 4261.43IU (85.23%), Vitamin D: 8.96µg (59.72%), Phosphorus: 545.05mg (54.51%), Vitamin B6: 1.08mg (53.95%), Vitamin B12: 3.18µg (53.01%), Potassium: 1461.27mg (41.75%), Vitamin B3: 7.86mg (39.29%), Vitamin E: 5.45mg (36.36%), Vitamin C: 28.95mg (35.09%), Manganese: 0.64mg (32.03%), Magnesium: 107.13mg (26.78%), Iron: 3.85mg (21.38%), Vitamin B1: 0.31mg (20.87%), Folate: 82.1µg (20.52%), Vitamin B5: 1.75mg (17.53%), Fiber: 3.63g (14.51%), Calcium: 136.25mg (13.63%), Vitamin B2: 0.22mg (12.77%), Zinc: 1.72mg (11.45%), Copper: 0.22mg (11.09%)