



## Classic Bouillabaisse with Rouille-Topped Croutons

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 cups bottled clam juice
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 8 ounces fennel bulb thinly sliced
- ☐ 6 tablespoons parsley fresh chopped
- ☐ 1 garlic clove halved
- ☐ 2 garlic clove minced
- ☐ 24 littleneck clams

- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 24 mussels scrubbed
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped ( 1 medium)
- ☐ 0.8 cup plum tomatoes chopped ( 2)
- ☐ 3.5 cups potatoes – remove skin red cubed ( ) ( 1 pound)
- ☐ 0.7 cup roasted peppers red chopped
- ☐ 0.5 teaspoon saffron threads crushed
- ☐ 12 ounces shrimp deveined peeled
- ☐ 1 pound snapper red cut into 12 (2-inch) pieces
- ☐ 4 ounces sourdough bread

## Equipment

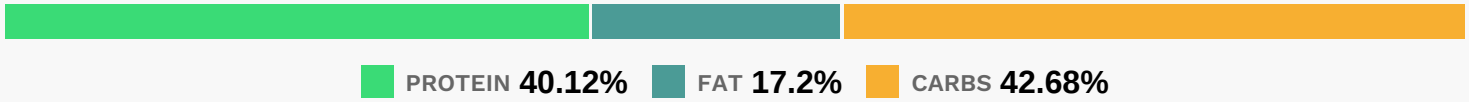
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ dutch oven

## Directions

- ☐ Preheat oven to 40
- ☐ To prepare rouille, combine roasted red bell peppers and mayonnaise in a blender or food processor; process until smooth. Set aside.
- ☐ To prepare the croutons, arrange baguette slices in a single layer on a baking sheet; bake slices at 400 for 8 minutes or until toasted. Rub one side of each crouton with cut side of garlic clove halves; discard garlic clove halves. Set croutons aside.

- ☐ To prepare bouillabaisse, heat oil in a large Dutch oven over medium heat.
- ☐ Add onion and garlic to pan; cook 8 minutes or until tender.
- ☐ Add tomato; cook 3 minutes.
- ☐ Add saffron; cook 30 seconds.
- ☐ Add potato, fennel, clam juice, and broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until potato is almost done. Increase heat to medium.
- ☐ Add clams; cover and simmer 5 minutes.
- ☐ Add mussels; cover and simmer 3 minutes.
- ☐ Add shrimp and fish; cover and simmer 5 minutes or until shells open, shrimp is done, and fish flakes easily with a fork or until desired degree of doneness. Discard any unopened shells.
- ☐ Ladle 2 cups seafood mixture into each of 6 shallow bowls.
- ☐ Spread each crouton with about 1 tablespoon rouille.
- ☐ Place 1 crouton on top of each bowl; sprinkle each serving with 1 tablespoon parsley.

## Nutrition Facts



## Properties

Glycemic Index:71.58, Glycemic Load:9.99, Inflammation Score:-8, Nutrition Score:34.626086857008%

## Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

## Nutrients (% of daily need)

Calories: 372.04kcal (18.6%), Fat: 7.12g (10.95%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 35.76g (13%), Sugar: 9.14g (10.16%), Cholesterol: 132.04mg (44.01%), Sodium: 1329.93mg (57.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.34g (74.69%), Vitamin B12: 7.3µg (121.7%), Vitamin K: 98.5µg (93.81%), Selenium: 54.47µg (77.81%), Manganese: 1.55mg (77.54%), Vitamin D: 7.71µg (51.41%), Phosphorus: 461.3mg (46.13%), Vitamin C: 37.09mg (44.95%), Potassium: 1238.28mg (35.38%), Vitamin B6: 0.62mg (30.96%),

Copper: 0.5mg (24.85%), Magnesium: 95.57mg (23.89%), Iron: 4.02mg (22.32%), Folate: 87.77µg (21.94%), Vitamin B1: 0.33mg (21.68%), Vitamin A: 1057.34IU (21.15%), Vitamin B3: 3.42mg (17.1%), Fiber: 3.96g (15.85%), Zinc: 2.31mg (15.4%), Calcium: 141.23mg (14.12%), Vitamin B2: 0.23mg (13.63%), Vitamin E: 2.04mg (13.61%), Vitamin B5: 1.29mg (12.87%)