

50 Great Chefs
and Their Final Meals
Favorite Ingredients and Recipes

Cook the Book: Shrimp in Crazy Water, Mario Batali's Last Supper

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 828 ml canned tomatoes with juice crushed canned
- ☐ 2 tablespoons pepper flakes fresh hot chopped
- ☐ 475 ml wine dry white
- ☐ 1 fennel bulb chopped
- ☐ 4 garlic clove thinly sliced
- ☐ 16 jumbo shrimp peeled

- ☐ 90 ml olive oil extra virgin extra-virgin
- ☐ 1 medium onion spanish chopped

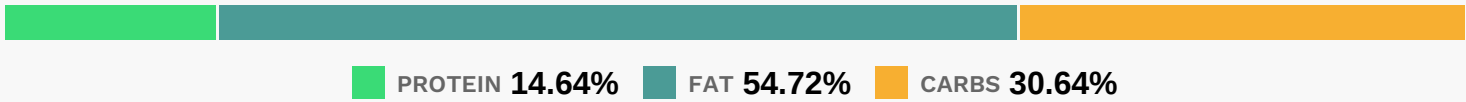
Equipment

- ☐ pot

Directions

- ☐ In a 6-quart (5 1/2-liter) soup pot, heat the oil over medium heat until smoking.
- ☐ Add to it the onion, garlic, chiles, and diced fennel. Cook, stirring occasionally, until soft and light-golden brown, 8 to 10 minutes.
- ☐ Pour into a soup tureen; garnish with fennel fronds.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:7.02, Inflammation Score:-8, Nutrition Score:20.314348117165%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 418.98kcal (20.95%), Fat: 21.53g (33.13%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 20.62g (7.5%), Sugar: 14.37g (15.96%), Cholesterol: 64.4mg (21.47%), Sodium: 366.25mg (15.92%), Alcohol: 12.41g (100%), Alcohol %: 3.21% (100%), Protein: 12.97g (25.93%), Vitamin K: 62.18µg (59.22%), Vitamin C: 40.25mg (48.79%), Vitamin E: 6mg (40.03%), Manganese: 0.77mg (38.29%), Potassium: 1131.57mg

(32.33%), Copper: 0.62mg (30.9%), Fiber: 6.5g (26.02%), Vitamin B6: 0.51mg (25.69%), Iron: 4.02mg (22.35%), Phosphorus: 220.24mg (22.02%), Magnesium: 83.73mg (20.93%), Vitamin B3: 3.24mg (16.2%), Calcium: 150.55mg (15.06%), Vitamin B1: 0.19mg (12.99%), Folate: 51.58µg (12.9%), Vitamin A: 606.39IU (12.13%), Zinc: 1.47mg (9.81%), Vitamin B2: 0.16mg (9.66%), Vitamin B5: 0.85mg (8.47%), Selenium: 2.41µg (3.44%)