



Fish Soup Provençale

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces baking potato cubed peeled
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes whole italian-style undrained chopped canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.1 teaspoon fennel seeds

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 pound grouper fillets white firm cut into 1-inch pieces
- ☐ 0.3 cup half-and-half
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 0.3 teaspoon orange rind grated
- ☐ 0.8 cup bell pepper red chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups water

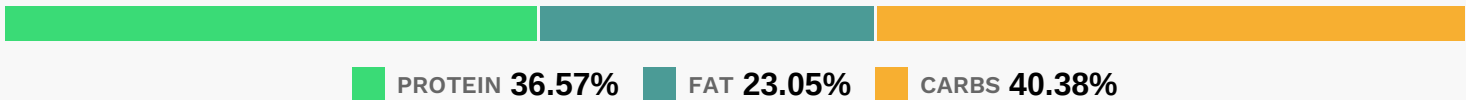
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a stockpot over medium-high heat.
- ☐ Add onion, bell peppers, and garlic; saute 5 minutes.
- ☐ Add crushed red pepper and next 5 ingredients (crushed red pepper through bay leaf), and bring to a boil.
- ☐ Add potato; cover and cook 10 minutes, stirring occasionally.
- ☐ Add water and wine; bring to a boil, and cook 5 minutes.
- ☐ Add fish and parsley; bring to a boil. Cover and cook 2 minutes or until fish is done.
- ☐ Remove from heat; discard bay leaf. Stir in half-and-half, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:8.33, Inflammation Score:-8, Nutrition Score:19.25260854804%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg

Nutrients (% of daily need)

Calories: 207.8kcal (10.39%), Fat: 5.19g (7.98%), Saturated Fat: 1.57g (9.78%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 16.8g (6.11%), Sugar: 7.52g (8.36%), Cholesterol: 41.33mg (13.78%), Sodium: 438.38mg (19.06%), Alcohol: 2.06g (100%), Alcohol %: 0.7% (100%), Protein: 18.53g (37.06%), Vitamin C: 58.38mg (70.77%), Selenium: 32.89µg (46.98%), Vitamin K: 32.76µg (31.2%), Vitamin B6: 0.55mg (27.74%), Vitamin B3: 4.61mg (23.06%), Potassium: 788.32mg (22.52%), Phosphorus: 211.93mg (21.19%), Vitamin B12: 1.21µg (20.23%), Vitamin A: 1000.02IU (20%), Manganese: 0.39mg (19.34%), Vitamin D: 2.34µg (15.62%), Fiber: 3.66g (14.65%), Magnesium: 57.82mg (14.45%), Folate: 56.28µg (14.07%), Copper: 0.28mg (13.96%), Vitamin E: 1.97mg (13.11%), Iron: 2.17mg (12.06%), Vitamin B1: 0.17mg (11.27%), Vitamin B2: 0.16mg (9.34%), Vitamin B5: 0.87mg (8.7%), Calcium: 71.34mg (7.13%), Zinc: 0.81mg (5.42%)