



Fish Soup with Potatoes and Fennel

READY IN



45 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken broth
- 1 pound halibut
- 2 heads fennel bulb ()
- 1 teaspoon fennel seed
- 0.8 teaspoon thyme leaves fresh
- 1 cup sauvignon blanc white wine dry white
- 0.5 pound mussels in shells
- 0.5 pound shrimp per lb.)
- 0.5 cup whipping cream

1.5 pounds yukon gold

Equipment

bowl

frying pan

ladle

Directions

In a 6- to 8-quart pan, combine broth, wine, cream, fennel seed, and thyme.

Peel potatoes and thinly slice into pan. Cover pan and turn heat to high.

Trim tops from fennel and save the feathery greens. Trim off root ends, bruised areas, and coarse fibers from sides of fennel. Rinse and thinly slice fennel and add to soup. When mixture boils, reduce heat and simmer until potatoes are very tender when pierced, about 20 minutes.

Meanwhile, rinse feathery fennel greens and chop.

Scrub mussels and pull off beards.

Shell, devein, and rinse shrimp.

Cut seabass into 1-inch chunks.

When potatoes are tender, add mussels. Cover and simmer 3 minutes.

Add shrimp and seabass and simmer until mussels open, 3 to 5 minutes more. Ladle into bowls and sprinkle with reserved fennel greens.

Nutrition Facts



PROTEIN 21.34% **FAT 32.93%** **CARBS 45.73%**

Properties

Glycemic Index:35.96, Glycemic Load:27.33, Inflammation Score:-7, Nutrition Score:18.382608527723%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.97mg, Quercetin:

0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 514.16kcal (25.71%), Fat: 17.93g (27.59%), Saturated Fat: 6.9g (43.12%), Carbohydrates: 56.02g (18.67%), Net Carbohydrates: 49.73g (18.09%), Sugar: 6.21g (6.9%), Cholesterol: 119.67mg (39.89%), Sodium: 718.56mg (31.24%), Alcohol: 4.13g (100%), Alcohol %: 0.94% (100%), Protein: 26.14g (52.28%), Vitamin K: 51.81µg (49.34%), Vitamin C: 32.29mg (39.14%), Manganese: 0.78mg (39%), Selenium: 26µg (37.14%), Potassium: 1038.62mg (29.67%), Phosphorus: 275.63mg (27.56%), Fiber: 6.29g (25.16%), Copper: 0.46mg (23.08%), Vitamin B6: 0.43mg (21.71%), Magnesium: 77.24mg (19.31%), Vitamin B3: 2.72mg (13.59%), Iron: 2.38mg (13.2%), Vitamin B2: 0.22mg (12.71%), Folate: 46.91µg (11.73%), Vitamin B1: 0.17mg (11.39%), Zinc: 1.7mg (11.32%), Vitamin A: 565IU (11.3%), Calcium: 108.31mg (10.83%), Vitamin B5: 0.75mg (7.45%), Vitamin E: 0.75mg (5%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.06µg (1.05%)