



HEALTH SCORE

100%

Fish Soup with Tomatoes and Red Pepper-Garlic Sauce



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups bottled clam juice
- ☐ 2.5 pounds lingcod fillets cut into 1 1/2-inch pieces
- ☐ 1 fennel bulb coarsely chopped
- ☐ 1 french-bread baguette cut into 1/4-inch-thick rounds
- ☐ 3 garlic cloves
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 medium onion finely chopped

- ☐ 6 inch long strips orange peel
- ☐ 1 cup parsley fresh italian chopped
- ☐ 1 bell pepper red
- ☐ 1 large red-skinned potato quartered
- ☐ 1 pound red-skinned potatoes peeled cut into 1/4-inch-thick rounds
- ☐ 1 large pinch saffron threads
- ☐ 3 pounds tomatoes ripe peeled coarsely chopped

Equipment

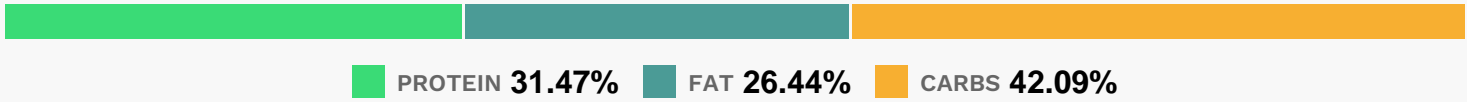
- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ pot
- ☐ broiler

Directions

- ☐ Heat oil in large pot over medium heat.
- ☐ Add onion and fennel. Sauté until onion is translucent, 8 minutes.
- ☐ Add stock, parsley and peel. Bring to boil. Reduce heat; cover and simmer until fennel is tender, about 5 minutes.
- ☐ Add tomatoes, sliced potatoes, quartered potato and saffron. Cover partially; simmer until potatoes are tender, about 12 minutes.
- ☐ Remove from heat.
- ☐ Remove quartered potato from soup. Cool slightly. Peel potato; transfer to processor.
- ☐ Char bell pepper over gas flame or in broiler until blackened on all sides. Enclose pepper in paper bag 10 minutes. Peel and seed pepper. Cool.
- ☐ Transfer bell pepper to processor with potato.
- ☐ Add 2 tablespoons oil and garlic. Process until smooth. With machine running, gradually blend in 4 tablespoons oil. Season with salt.

- ☐
- Preheat broiler. Arrange bread rounds on baking sheet. Broil until crisp, about 2 minutes. (Can be made 1 day ahead. Cover soup and rouille separately; chill. Cool toasts, then store airtight at room temperature. Bring soup to simmer before continuing.)
- ☐
- Add fish to soup. Simmer until fish is just opaque in center, 5 minutes. Spoon rouille onto 12 to 16 toasts. Ladle soup into bowls. Top each with 2 toasts. Pass remaining toasts and rouille.

Nutrition Facts



Properties

Glycemic Index:59.08, Glycemic Load:30.6, Inflammation Score:-10, Nutrition Score:50.107391523278%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 665.77kcal (33.29%), Fat: 19.68g (30.28%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 70.48g (23.49%), Net Carbohydrates: 61.45g (22.35%), Sugar: 15.5g (17.22%), Cholesterol: 81.27mg (27.09%), Sodium: 1601.73mg (69.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.71g (105.42%), Vitamin K: 220.1µg (209.62%), Vitamin A: 9275.37IU (185.51%), Selenium: 84.97µg (121.39%), Vitamin C: 94mg (113.93%), Vitamin B3: 14.86mg (74.3%), Phosphorus: 706.63mg (70.66%), Potassium: 2459.48mg (70.27%), Vitamin B1: 0.83mg (55.46%), Vitamin B6: 1.09mg (54.64%), Manganese: 1.06mg (52.79%), Folate: 196.82µg (49.21%), Vitamin E: 5.92mg (39.5%), Vitamin B2: 0.65mg (38.32%), Magnesium: 151.54mg (37.89%), Iron: 6.53mg (36.29%), Fiber: 9.03g (36.13%), Vitamin B12: 2.05µg (34.09%), Copper: 0.66mg (33.08%), Calcium: 249.61mg (24.96%), Zinc: 2.89mg (19.27%), Vitamin B5: 1.43mg (14.27%), Vitamin D: 1.7µg (11.34%)