



Fish Stock from 'The Catch



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds fish fillet fresh rinsed
- ☐ 4 sprigs parsley fresh
- ☐ 3 sprigs thyme sprigs fresh
- ☐ 2 tablespoons olive oil
- ☐ 4 servings pepper black freshly ground
- ☐ 4 spring onion chopped
- ☐ 0.5 cup wine

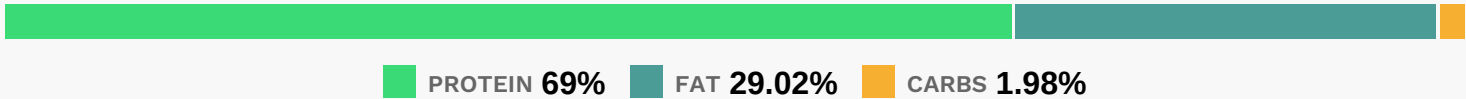
Equipment

☐ pot

Directions

- ☐ In a large pot, heat the olive oil.
- ☐ Add the fish head and bones, scallions, thyme, and parsley and season with salt and pepper. Cook over medium heat until the fish head turns opaque on the bottom, about 2 minutes. Stir the bones and cook for a few minutes longer, until all the bones are opaque.
- ☐ Add the wine and cook for 1 minute.
- ☐ Add 2 quarts of water and bring to a simmer.
- ☐ Simmer the stock over medium-low heat for 20 minutes, then strain the stock.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:28.768260950628%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 418.27kcal (20.91%), Fat: 12.83g (19.74%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.5g (0.54%), Sugar: 0.58g (0.64%), Cholesterol: 170.1mg (56.7%), Sodium: 181.11mg (7.87%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 68.63g (137.27%), Selenium: 142.31µg (203.3%), Vitamin B12: 5.38µg (89.58%), Vitamin D: 10.55µg (70.31%), Vitamin B3: 13.4mg (67.01%), Phosphorus: 589.7mg (58.97%), Vitamin K: 50.5µg (48.1%), Potassium: 1093.31mg (31.24%), Vitamin B6: 0.58mg (28.86%), Magnesium: 99.12mg (24.78%), Folate: 91.5µg (22.88%), Vitamin B5: 1.69mg (16.88%), Vitamin E: 2.44mg (16.29%), Vitamin B2: 0.23mg (13.71%), Copper: 0.27mg (13.66%), Iron: 2.41mg (13.36%), Manganese: 0.21mg (10.37%), Vitamin B1: 0.15mg (9.93%), Zinc: 1.23mg (8.21%), Vitamin C: 4.79mg (5.8%), Calcium: 50.29mg (5.03%), Vitamin A: 240.06IU (4.8%), Fiber: 0.48g (1.9%)