



Fisherman's Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 0.5 cup celery chopped
- ☐ 0.8 cup cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 medium onion finely chopped

- ☐ 8 ounce orange roughy fillet cut into 2-inch pieces
- ☐ 4 servings additional parsley fresh chopped
- ☐ 1 pound plum tomatoes peeled chopped
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 8 ounce sea bass fillet cut into 2-inch pieces
- ☐ 4 servings sea salt
- ☐ 8 ounces shrimp deveined uncooked peeled
- ☐ 4 ounces squid rings whole cleaned cut into 1/2-inch-wide rings, tentacles left
- ☐ 6 cups water

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat 3 tablespoons oil in large pot over medium heat.
- ☐ Add onion, celery and garlic. Sauté 10 minutes. Stir in next 4 ingredients. Sauté 2 minutes.
- ☐ Sprinkle flour over. Stir 2 minutes.
- ☐ Add wine; cook until liquid evaporates.
- ☐ Add 6 cups water. Bring to boil. Reduce heat; simmer 20 minutes.
- ☐ Add all seafood to soup base. Cook just until opaque in center, about 3 minutes. Season with salt.
- ☐ Ladle soup into 4 bowls.
- ☐ Sprinkle with additional parsley and sea salt.
- ☐ Drizzle soup with olive oil.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:3.21, Inflammation Score:-9, Nutrition Score:27.883478164673%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Apigenin: 17.08mg, Apigenin: 17.08mg, Apigenin: 17.08mg, Apigenin: 17.08mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 380.07kcal (19%), Fat: 16.86g (25.93%), Saturated Fat: 2.48g (15.53%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 9.55g (3.47%), Sugar: 4.85g (5.39%), Cholesterol: 236.72mg (78.91%), Sodium: 399.82mg (17.38%), Alcohol: 4.64g (100%), Alcohol %: 0.75% (100%), Protein: 37.18g (74.36%), Vitamin K: 149.17µg (142.06%), Selenium: 72.35µg (103.36%), Copper: 0.98mg (49.13%), Vitamin B12: 2.75µg (45.83%), Phosphorus: 413.47mg (41.35%), Vitamin A: 1858.28IU (37.17%), Vitamin C: 30.29mg (36.71%), Vitamin E: 3.84mg (25.63%), Potassium: 895.63mg (25.59%), Magnesium: 92.13mg (23.03%), Vitamin B6: 0.41mg (20.3%), Vitamin B3: 3.73mg (18.66%), Manganese: 0.36mg (18.03%), Folate: 64.91µg (16.23%), Iron: 2.83mg (15.72%), Zinc: 2.03mg (13.53%), Vitamin B2: 0.22mg (13.21%), Calcium: 114.32mg (11.43%), Vitamin B1: 0.16mg (10.99%), Fiber: 2.6g (10.38%), Vitamin B5: 0.84mg (8.4%)