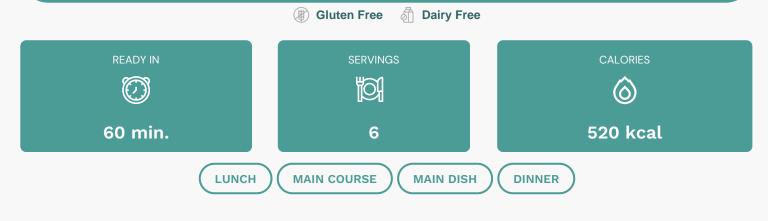


Italian Fish Soup



Ingredients

U.I teaspoon pepper black
32 fl. oz. fish stock
12 small clams scrubbed (less than 2 inches in diameter)
1 cup wine dry white
0.3 cup basil fresh chopped
0.3 cup parsley fresh chopped
2 tablespoons parsley fresh finely chopped
1 garlic clove halved

	3 garlic clove finely chopped	
	1 lb pacific halibut filets skinless cut into 1-inch pieces	
	12 mussels scrubbed (preferably cultivated)	
	0.3 cup olive oil	
	2 tablespoons olive oil	
	6 servings olive oil extra virgin extra-virgin for drizzling	
	0.3 teaspoon oregano dried crumbled	
	0.5 teaspoon pepper dried red hot	
	0.8 teaspoon salt	
	0.5 lb shrimp deveined peeled per lb), , leaving tail and first segent of shell intact, and	
	1 lb squid rings separated cleaned	
	1 teaspoon sugar	
	28 oz tomatoes diced canned	
	4.5 cups water	
Equipment		
	bowl	
	baking sheet	
	oven	
	pot	
	slotted spoon	
Directions		
	Rinse squid under cold running water and pat dry. If squid are large, halve ring of tentacles, then cut longer tentacles crosswise into 2-inch pieces. Pull off flaps from squid bodies and cut into 1/4-inch-thick slices.	
	Cut bodies crosswise into 1/4-inch-thick rings.	
	Pat shrimp dry and sprinkle with pepper and 1/4 teaspoon salt.	

Heat oil in a wide 6- to 8-quart heavy pot over moderately high heat until hot but not smoking, then sear shrimp in 2 batches, turning over once, until golden but not cooked through, about 2 minutes per batch.
Transfer shrimp with a slotted spoon to a bowl.
Add garlic, red pepper flakes, and oregano to pot and saut, stirring, until golden, about 30 seconds.
Add wine and 1/2 cup water and bring to a boil. Stir in clams and cook, covered, over moderately high heat until shells open wide, checking frequently after 6 minutes and transferring as opened with a slotted spoon to bowl with shrimp. (Discard any unopened clams after 8 minutes.) Stir in mussels and cook, covered, over moderately high heat until shells open wide, checking frequently after 3 minutes and transferring as opened with a slotted spoon to bowl with shrimp. (Discard any unopened mussels after 6 minutes.)
Put oven rack in middle position and preheat oven to 425F.
Add stock to pot along with remaining 4 cups water, tomatoes with juice, sugar, and remaining 1/2 teaspoon salt and simmer, uncovered, 15 minutes.
Arrange bread slices in 1 layer on a baking sheet, then drizzle with oil and season with salt.
Bake, turning over once, until golden, about 10 minutes total.
Transfer toasts to a rack to cool slightly, then rub lightly with cut sides of garlic and sprinkle with parsley.
Add halibut to stock and cook at a bare simmer, covered, until just cooked through, about 2 minutes. Stir in squid and reserved shellfish, then remove from heat and let stand, covered, 1 minute. Stir in basil and parsley and serve immediately, with toasts alongside for dipping.
Nutrition Facts
PROTEIN 32.79% FAT 57.65% CARBS 9.56%
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Properties

Glycemic Index:73.85, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:35.366521586543%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin:

Apigenin: 8.3mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 519.88kcal (25.99%), Fat: 31.5g (48.45%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 10.14g (3.69%), Sugar: 4.41g (4.9%), Cholesterol: 279.42mg (93.14%), Sodium: 1175.94mg (51.13%), Alcohol: 4.12g (100%), Alcohol %: 0.69% (100%), Protein: 40.31g (80.62%), Selenium: 78.09µg (111.56%), Copper: 1.83mg (91.55%), Vitamin K: 88.8µg (84.57%), Vitamin B12: 4.24µg (70.59%), Phosphorus: 550.05mg (55.01%), Vitamin B3: 10.08mg (50.41%), Vitamin E: 6.71mg (44.76%), Manganese: 0.82mg (40.86%), Vitamin B6: 0.68mg (34.1%), Potassium: 1118.24mg (31.95%), Vitamin B2: 0.5mg (29.68%), Vitamin C: 23.07mg (27.96%), Vitamin D: 3.55µg (23.69%), Magnesium: 87.14mg (21.78%), Iron: 3.77mg (20.93%), Zinc: 2.7mg (18.01%), Calcium: 169.43mg (16.94%), Vitamin A: 697.82IU (13.96%), Folate: 43.95µg (10.99%), Vitamin B1: 0.15mg (9.95%), Vitamin B5: 0.93mg (9.29%), Fiber: 1.61g (6.45%)