

Italian Fish Soup

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 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 segment 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%**

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: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.3mg, Apigenin: 8.3mg, Apigenin: 8.3mg

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