

Italian Fish Soup



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 32 fl. oz. bottled clam juice
- ☐ 12 small hard-shelled clams such as littlenecks scrubbed (less than 2 inches in diameter)
- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 garlic clove halved
- ☐ 3 garlic cloves finely chopped

- ☐ 1 lb halibut fillet skinless cut into 1-inch pieces
- ☐ 12 mussels scrubbed (preferably cultivated)
- ☐ 2 tablespoons olive oil
- ☐ 6 servings accompaniment: olive oil extra-virgin for drizzling
- ☐ 0.3 teaspoon oregano dried crumbled
- ☐ 0.5 teaspoon pepper flakes dried red hot
- ☐ 0.8 teaspoon salt
- ☐ 0.5 lb shrimp in shell deveined peeled per lb), , leaving tail and first segment of shell intact, and
- ☐ 1 lb squid rings separated cleaned
- ☐ 1 teaspoon sugar
- ☐ 28 oz juice reserved from tomatoes diced canned
- ☐ 4.5 cups water

Equipment

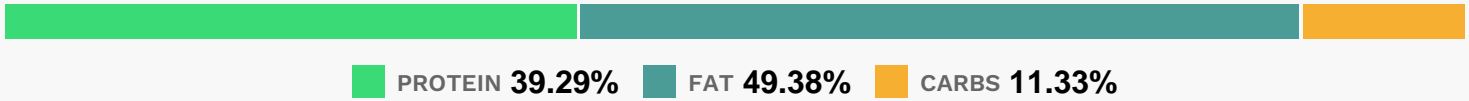
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ slotted spoon

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 sauté, 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 425°F.
- ☐ 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



Properties

Glycemic Index:68.52, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:32.493478194527%

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: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 439.42kcal (21.97%), Fat: 22.48g (34.58%), Saturated Fat: 3.42g (21.4%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 10.06g (3.66%), Sugar: 4.39g (4.88%), Cholesterol: 279.42mg (93.14%), Sodium: 1174.36mg (51.06%), Alcohol: 4.12g (100%), Alcohol %: 0.71% (100%), Protein: 40.24g (80.48%), Selenium: 78.09µg (111.55%), Copper: 1.83mg (91.37%), Vitamin B12: 4.24µg (70.59%), Phosphorus: 548.6mg (54.86%), Vitamin B3: 10.05mg (50.25%), Manganese: 0.81mg (40.66%), Vitamin K: 42.38µg (40.37%), Vitamin E: 5.4mg (36%), Vitamin B6: 0.68mg (33.98%), Potassium: 1104.3mg (31.55%), Vitamin B2: 0.5mg (29.53%), Vitamin C: 19.74mg (23.93%), Vitamin D: 3.55µg (23.69%), Magnesium: 85.89mg (21.47%), Iron: 3.56mg (19.79%), Zinc: 2.68mg (17.83%), Calcium: 165.89mg (16.59%), Folate: 40.15µg (10.04%), Vitamin B1: 0.15mg (9.8%), Vitamin A: 487.22IU (9.74%), Vitamin B5: 0.92mg (9.19%), Fiber: 1.53g (6.12%)