



Mediterranean Fish Soup



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings basil leaves fresh shredded
- ☐ 14.5 ounces canned tomatoes diced undrained canned
- ☐ 0.3 cup chicken broth dry white swanson®
- ☐ 4 cups chicken broth organic swanson® (Regular or Certified)
- ☐ 8 ounces mussels fresh scrubbed sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 pound shrimp fresh frozen thawed deveined peeled
- ☐ 2 cups onion sweet chopped

☐ 1 pound fish fillets white firm cut into 1-inch pieces (cod, haddock or halibut)

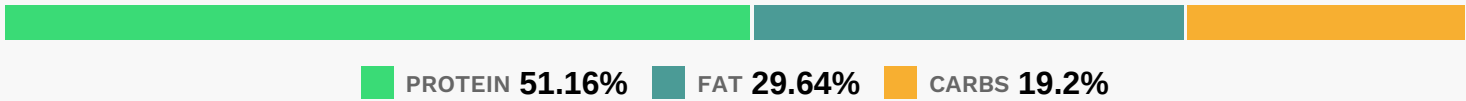
Equipment

☐ pot

Directions

- ☐ Heat the oil in a 6-quart saucepot over medium heat.
- ☐ Add the onion and cook until it's tender.
- ☐ Add the wine and cook for 1 minute. Stir in the broth and tomatoes and heat to a boil. Reduce the heat to low.
- ☐ Add the mussels, fish and shrimp. Cover and cook until the mussels open, the fish flakes easily when tested with a fork and the shrimp are cooked through. Discard any mussels that do not open. Season as desired.
- ☐ Garnish with the basil.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:17.197825929393%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 207.74kcal (10.39%), Fat: 6.72g (10.34%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.6g (3.13%), Sugar: 5.74g (6.38%), Cholesterol: 104.05mg (34.68%), Sodium: 869mg (37.78%),

Alcohol: 1.03g (100%), Alcohol %: 0.31% (100%), Protein: 26.1g (52.21%), Vitamin B12: 3.51µg (58.46%), Selenium: 40.59µg (57.98%), Manganese: 0.82mg (41.19%), Phosphorus: 277.72mg (27.77%), Vitamin B3: 3.85mg (19.23%), Potassium: 595.1mg (17%), Vitamin D: 2.34µg (15.62%), Copper: 0.31mg (15.39%), Vitamin B6: 0.29mg (14.28%), Magnesium: 54.81mg (13.7%), Vitamin K: 14.37µg (13.69%), Vitamin C: 10.83mg (13.13%), Iron: 2.3mg (12.78%), Folate: 45.45µg (11.36%), Vitamin A: 550.74IU (11.01%), Vitamin E: 1.57mg (10.49%), Zinc: 1.26mg (8.39%), Vitamin B2: 0.14mg (8.2%), Vitamin B1: 0.12mg (7.71%), Calcium: 73.16mg (7.32%), Vitamin B5: 0.61mg (6.06%), Fiber: 1.2g (4.79%)