



Normandy fish stew

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



266 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 500 g mussels cleaned (discard any that don't close when tapped on the sink)
- ☐ 300 ml wine
- ☐ 1 large knob butter
- ☐ 2 leek cleaned sliced
- ☐ 100 g crimini mushrooms halved
- ☐ 150 ml crème fraîche
- ☐ 4 fillet fish fillet white (plaice would be perfect)
- ☐ 1 small bunch flat parsley chopped

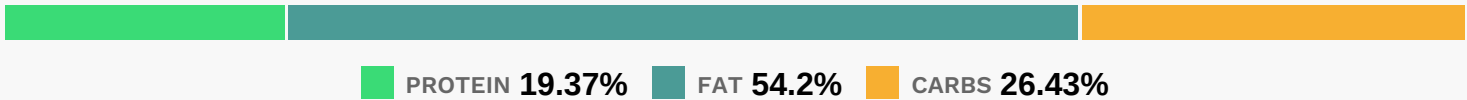
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Place mussels and cider or wine in a wide, shallow pan. Cover and place on a high heat for 3–4 mins, shaking pan a few times until mussels have opened. Tip into a colander over a bowl to catch the juices. Discard any that have not opened.
- ☐ Place the pan back on the heat with a large knob of butter. Sizzle the leeks for 8 mins until soft, then add the mushrooms.
- ☐ Add the mussel cooking liquid and crme frache and bubble down for 5 mins to reduce by half. Turn down the heat and add the fish. Cover and gently poach for 10 mins until cooked, then carefully lift out. Stir through the mussels and parsley and heat through.
- ☐ If you want, place the fish back in the pan to serve from the table or place a piece of fish in each serving bowl and spoon everything else around it. Delicious served with boiled waxy potatoes, such as Pink Fir Apple.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:3.38, Inflammation Score:-9, Nutrition Score:28.445652137632%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 265.77kcal (13.29%), Fat: 13.05g (20.07%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 12.9g (4.69%), Sugar: 4.26g (4.74%), Cholesterol: 51.15mg (17.05%), Sodium: 250.09mg (10.87%), Alcohol: 7.84g (100%), Alcohol %: 3.73% (100%), Protein: 10.49g (20.98%), Vitamin K: 255.91µg (243.73%), Vitamin B12: 7.78µg (129.6%), Manganese: 2.53mg (126.66%), Selenium: 37.41µg (53.45%), Vitamin A: 2402.55IU (48.05%), Vitamin C: 29.72mg (36.02%), Iron: 4.67mg (25.97%), Phosphorus: 223.79mg (22.38%), Folate: 86.51µg (21.63%), Vitamin B2: 0.36mg (21.1%), Potassium: 578.91mg (16.54%), Magnesium: 55.14mg (13.78%), Copper: 0.27mg (13.5%), Vitamin B3: 2.49mg (12.46%), Vitamin B1: 0.18mg (11.76%), Vitamin B6: 0.23mg (11.53%), Zinc: 1.72mg (11.47%), Calcium: 112.02mg (11.2%), Vitamin B5: 0.98mg (9.8%), Vitamin E: 1.13mg (7.56%), Fiber: 1.42g (5.68%)