



Oahu Bouillabaisse



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



31 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings spicy aioli
- ☐ 6 servings garlic croutons
- ☐ 0.3 cup green onions thinly sliced
- ☐ 6 servings herb-poached seafood
- ☐ 6 servings potatoes smashed
- ☐ 0.7 cup bell pepper diced red
- ☐ 6 servings salt and pepper

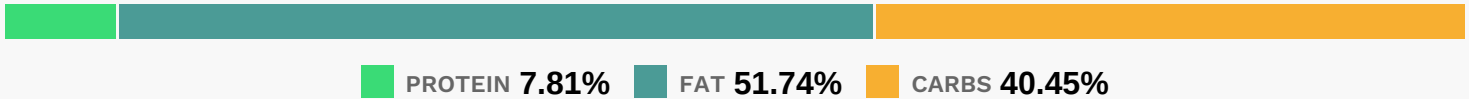
Equipment

- ☐ bowl
- ☐ ladle

Directions

- ☐ Mound hot potatoes equally in warm, wide soup bowls.
- ☐ Arrange equal portions of herb-poached seafood around potatoes, then ladle the seafood hot broth over the seafood.
- ☐ Sprinkle servings with red bell pepper and chives.
- ☐ Push 1 crouton upright into each potato mound, or lay on dish rim. Accompany the bouillabaisse with remaining croutons and the spicy aioli; add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:3.5791304263732%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 31.42kcal (1.57%), Fat: 1.77g (2.72%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.54g (0.92%), Sugar: 0.87g (0.96%), Cholesterol: 5.03mg (1.68%), Sodium: 236.21mg (10.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin C: 23.37mg (28.33%), Vitamin K: 12.38µg (11.79%), Vitamin A: 579.41IU (11.59%), Vitamin B6: 0.09mg (4.66%), Manganese: 0.08mg (4%), Folate: 11.77µg (2.94%), Fiber: 0.58g (2.31%), Vitamin E: 0.31mg (2.03%), Potassium: 67.93mg (1.94%), Vitamin B2: 0.03mg (1.53%), Phosphorus: 13.49mg (1.35%), Iron: 0.23mg (1.29%), Vitamin B1: 0.02mg (1.27%), Calcium: 11.39mg (1.14%), Vitamin B3: 0.22mg (1.12%), Selenium: 0.79µg (1.12%), Magnesium: 4.2mg (1.05%)