



 **51%**
HEALTH SCORE

Provençal Fish Soup

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

READY IN



45 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce canned tomatoes whole chopped canned
- 1 carrots finely chopped
- 2 rib celery finely chopped
- 16 ounce bottled clam juice
- 2 teaspoons coriander seeds
- 0.8 cup cooking wine dry red
- 2 teaspoons fennel seeds
- 6 garlic coarsely chopped

- 4 servings salt and coarsely ground pepper
- 0.3 cup olive oil extra-virgin
- 1 onion finely chopped
- 4 strips orange zest
- 1 tablespoon pernod
- 0.5 cup ruby port
- 1.8 pounds snapper fillets skinless red coarsely chopped
- 1 pinch saffron threads
- 0.5 pound shrimp in the shell
- 4 thyme sprigs
- 1 tablespoon tomato paste

Equipment

- food processor
- bowl
- ladle
- pot

Directions

- In a large pot, heat the oil.
- Add the onion, celery and carrot and cook over moderately high heat until softened, 5 minutes.
- Add the garlic, orange zest, thyme sprigs, fennel and coriander seeds and saffron and cook over moderate heat, stirring, until fragrant, 5 minutes. Stir in the tomato paste and cook over high heat until glossy, 1 minute.
- Add the tomatoes, clam juice, wine and port and bring to a boil.
- Add the grouper and shrimp, cover partially and simmer for 45 minutes. Discard the zest and thyme sprigs.
- Working in batches, transfer the soup to a food processor and pulse until coarsely chopped. Rinse out the pot. Set a food mill fitted with a coarse blade over the pot and run the soup

through the food mill. Bring the soup to a simmer. Stir in the Pernod and season with salt and pepper. Ladle the soup into bowls and serve.

Nutrition Facts

PROTEIN 43.38% **FAT 30.41%** **CARBS 26.21%**

Properties

Glycemic Index:83.46, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:36.949565161829%

Flavonoids

Petunidin: 3.48mg, Petunidin: 3.48mg, Petunidin: 3.48mg, Petunidin: 3.48mg Delphinidin: 3.05mg, Delphinidin: 3.05mg, Delphinidin: 3.05mg, Delphinidin: 3.05mg Malvidin: 40.26mg, Malvidin: 40.26mg, Malvidin: 40.26mg, Malvidin: 40.26mg Peonidin: 2.01mg, Peonidin: 2.01mg, Peonidin: 2.01mg, Peonidin: 2.01mg Catechin: 6.42mg, Catechin: 6.42mg, Catechin: 6.42mg, Catechin: 6.42mg Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 587.67kcal (29.38%), Fat: 17.44g (26.84%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 29g (10.54%), Sugar: 13.5g (15.01%), Cholesterol: 164.71mg (54.9%), Sodium: 997.22mg (43.36%), Alcohol: 10.74g (100%), Alcohol %: 2.16% (100%), Protein: 55.99g (111.98%), Vitamin D: 20.24µg (134.94%), Selenium: 78.37µg (111.96%), Vitamin B12: 5.99µg (99.79%), Vitamin A: 3288.11IU (65.76%), Phosphorus: 599.77mg (59.98%), Vitamin B6: 1.16mg (58.1%), Potassium: 1625.13mg (46.43%), Vitamin E: 5.68mg (37.85%), Vitamin C: 27.9mg (33.82%), Magnesium: 130.85mg (32.71%), Copper: 0.6mg (30.24%), Manganese: 0.58mg (28.77%), Vitamin B5: 2.03mg (20.25%), Calcium: 195.94mg (19.59%), Fiber: 4.83g (19.33%), Iron: 3.28mg (18.22%), Vitamin B1: 0.25mg (16.54%), Vitamin K: 17.14µg (16.32%), Zinc: 2.16mg (14.4%), Vitamin B3: 2.72mg (13.61%), Folate: 43.42µg (10.85%), Vitamin B2: 0.12mg (7.28%)