



Provençal Fish Stew



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.3 cup wine dry white
- ☐ 0.5 cup fennel bulb chopped
- ☐ 3 tablespoons parsley fresh divided chopped
- ☐ 1 garlic clove minced
- ☐ 6 ounces grouper fillets white firm cut into 1 1/2-inch pieces
- ☐ 1.3 cups leek chopped
- ☐ 1 teaspoon olive oil

- ☐ 0.3 pound shrimp deveined peeled
- ☐ 1.3 cups vegetable stock organic

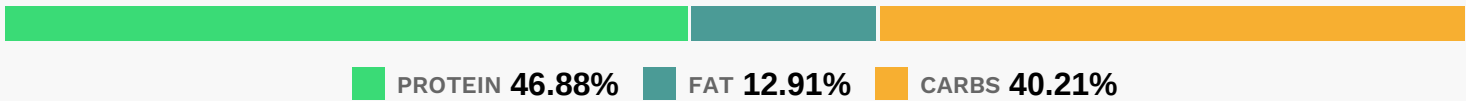
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add leek, fennel, and garlic to pan; saut 4 minutes or until tender. Stir in tomatoes, broth, wine, and 1 tablespoon parsley; bring to a boil.
- ☐ Add fish and shrimp; cook 3 minutes or until done.
- ☐ Sprinkle with remaining 2 tablespoons parsley, and garnish with parsley sprigs, if desired.
- ☐ Choice Ingredient
- ☐ Fennel, an aromatic plant native to the Mediterranean region, has licorice-like flavor and is delicious raw or cooked. Chopped and sauted, the fennel bulb adds body and rich flavor to soups. Look for small, heavy, white bulbs that are firm and free of cracks, browning, or moist areas. Store fennel bulbs in a perforated plastic bag in the refrigerator for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:3.99, Inflammation Score:-8, Nutrition Score:15.092173762943%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg

Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 143.45kcal (7.17%), Fat: 2g (3.07%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 11.1g (4.04%), Sugar: 6.84g (7.59%), Cholesterol: 61.38mg (20.46%), Sodium: 499.47mg (21.72%), Alcohol: 1.54g (100%), Alcohol %: 0.64% (100%), Protein: 16.32g (32.65%), Vitamin K: 75.22µg (71.64%), Selenium: 16.62µg (23.74%), Vitamin A: 1169.18IU (23.38%), Vitamin C: 18.32mg (22.21%), Potassium: 706.71mg (20.19%), Manganese: 0.39mg (19.64%), Vitamin B6: 0.37mg (18.56%), Phosphorus: 183.2mg (18.32%), Copper: 0.36mg (17.76%), Iron: 2.77mg (15.39%), Magnesium: 56.48mg (14.12%), Vitamin E: 1.77mg (11.8%), Fiber: 2.91g (11.62%), Folate: 42.66µg (10.66%), Calcium: 93.16mg (9.32%), Vitamin B1: 0.13mg (8.63%), Vitamin B3: 1.63mg (8.15%), Vitamin B5: 0.69mg (6.92%), Zinc: 0.98mg (6.5%), Vitamin B2: 0.07mg (4.32%), Vitamin B12: 0.26µg (4.25%)