



WHATSheATE



HEALTH SCORE

55%

Quick Easy Fish Stew



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 tablespoons olive oil extra virgin



1.5 cups onion chopped



3 large garlic cloves minced



0.7 cup parsley fresh chopped



0.5 cups canned tomatoes fresh whole with their juices crushed chopped canned (1 medium tomato)



2 teaspoons tomato paste



8 oz bottled clam juice (or shellfish stock)



0.5 cup cooking wine dry white (like Sauvignon blanc)

- ☐ 1.5 lb fish fillets white red firm cut into 2-inch pieces (use a fish such as halibut, cod, snapper, or sea bass)
- ☐ 1 pinch oregano dry
- ☐ 1 pinch thyme leaves dry
- ☐ 0.1 teaspoon all the tabasco sauce you handle to taste ()
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 4 servings salt to taste

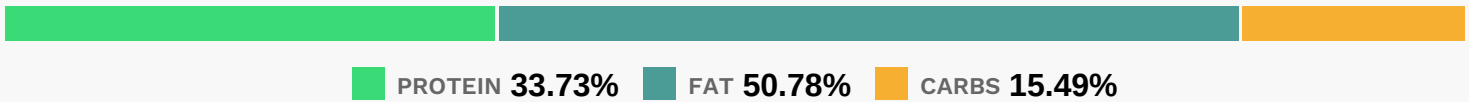
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat olive oil in a large thick-bottomed pot over medium-high heat.
- ☐ Add onion and sauté 4 minutes, add the garlic and cook a minute more.
- ☐ Add parsley and stir 2 minutes.
- ☐ Add tomato and tomato paste, and gently cook for 10 minutes or so.
- ☐ Add clam juice, dry white wine, and fish. Bring to a simmer and simmer until the fish is cooked through and easily flakes apart, about 3 to 5 minutes.
- ☐ Add seasoning (oregano, thyme, Tabasco).
- ☐ Add salt and pepper to taste. Ladle into bowls and serve.
- ☐ Great served with crusty bread for dipping in the fish stew broth.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:26.448695763298%

Flavonoids

Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Nutrients (% of daily need)

Calories: 443.49kcal (22.17%), Fat: 24.26g (37.32%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 14.3g (5.2%), Sugar: 6.23g (6.92%), Cholesterol: 85.05mg (28.35%), Sodium: 563.26mg (24.49%), Alcohol: 3.1g (100%), Alcohol %: 1.02% (100%), Protein: 36.26g (72.51%), Vitamin K: 181.57µg (172.92%), Selenium: 72.3µg (103.29%), Vitamin B12: 2.7µg (45.08%), Vitamin B3: 7.45mg (37.26%), Vitamin D: 5.27µg (35.15%), Phosphorus: 334.45mg (33.44%), Vitamin C: 24.85mg (30.12%), Vitamin E: 4.37mg (29.12%), Potassium: 837.46mg (23.93%), Vitamin B6: 0.47mg (23.59%), Vitamin A: 1041.43IU (20.83%), Folate: 76.41µg (19.1%), Magnesium: 67.92mg (16.98%), Manganese: 0.29mg (14.58%), Iron: 2.45mg (13.6%), Copper: 0.26mg (12.86%), Vitamin B5: 1.09mg (10.93%), Vitamin B1: 0.15mg (9.8%), Vitamin B2: 0.16mg (9.61%), Fiber: 2.36g (9.45%), Calcium: 65.87mg (6.59%), Zinc: 0.95mg (6.3%)