



Red Fish Soup

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound catfish fillets cut into 1 inch pieces
- 1 bunch green onions sliced
- 2 tablespoons pepper flakes red to taste
- 6 servings salt and pepper to taste
- 28 ounce tomato purée canned
- 4 cups water
- 1 cup rice long grain white

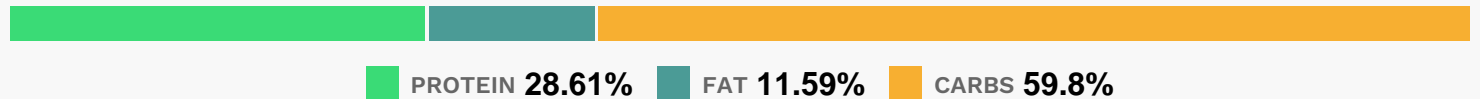
Equipment

pot

Directions

- In a large pot, combine the tomato puree, water and green onions. Season with red pepper flakes. Set over medium heat and bring to a boil.
- Add rice and cook until tender, about 30 minutes.
- Add fish and simmer for 20 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.86, Glycemic Load:17.61, Inflammation Score:-7, Nutrition Score:18.981304293093%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 235.5kcal (11.77%), Fat: 3.09g (4.76%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 31.97g (11.62%), Sugar: 6.14g (6.83%), Cholesterol: 43.85mg (14.62%), Sodium: 454.73mg (19.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.37%), Vitamin D: 9.45µg (63%), Manganese: 0.65mg (32.44%), Vitamin B12: 1.69µg (28.1%), Phosphorus: 245.27mg (24.53%), Vitamin A: 1152.79IU (23.06%), Selenium: 15.54µg (22.21%), Potassium: 756.81mg (21.62%), Vitamin B6: 0.4mg (19.75%), Copper: 0.39mg (19.55%), Vitamin B3: 3.88mg (19.41%), Vitamin B1: 0.29mg (19.23%), Vitamin E: 2.73mg (18.18%), Vitamin K: 18.14µg (17.28%), Vitamin C: 13.47mg (16.33%), Fiber: 3.95g (15.79%), Iron: 2.72mg (15.09%), Magnesium: 57.91mg (14.48%), Vitamin B5: 1.29mg (12.85%), Vitamin B2: 0.17mg (9.8%), Zinc: 1.23mg (8.17%), Calcium: 80.73mg (8.07%), Folate: 30.53µg (7.63%)