



WHATSheATE



HEALTH SCORE

100%

## Roast Tomato Soup with Mussels & Fennel



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



4 pound into big chunks chopped



4 tablespoon flat leaf parsley leaves chopped



4 clove garlic peeled chopped



1 pinch kosher salt and pepper black



3 pound mussels scrubbed



0.8 cup olive oil



6 cup water

### Equipment

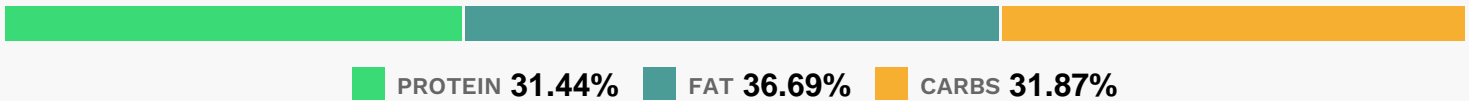
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ wooden spoon
- ☐ mortar and pestle
- ☐ dutch oven

## Directions

- ☐ Heat the oven to 350 degrees F.
- ☐ Put the tomato pieces with all of their juices, the chopped onion, 2 chopped garlic cloves, and the fennel stems and most of the fronds (save the bulb for the soup and a few feathery fronds for garnish) onto a parchment lined baking sheet.
- ☐ Drizzle with  $\frac{1}{2}$  cup olive oil and season well with salt and pepper. Toss to get all the vegetables coated in oil. Roast the vegetables about 1 hour and 15 minutes until slightly charred, rotating the sheet halfway through cooking.
- ☐ Remove from oven and let cool somewhat. Scrape the vegetables and any accumulated juices into the bowl of a food processor. Pulse 10 or 12 times, scraping down the sides once or twice, until a very rough puree is formed. Push the mixture through a fine meshed sieve or tami using a wooden spoon into a clean bowl. Work in batches, discarding the solids as you work. You should get about  $2\frac{1}{2}$  to 3 cups of silky smooth sauce, thick enough to coat a wooden spoon. Quarter the fennel bulb lengthwise then remove the core from each section. Slice the fennel crosswise into thin slivers. Set aside. Using a mortar and pestle grind the remaining chopped garlic cloves, parsley, red chili with its seeds, and a large pinch of salt into a very rough paste.
- ☐ Heat the remaining  $\frac{1}{4}$  cup olive oil in the bottom of a large soup pot or Dutch oven.
- ☐ Add the paste and fry until fragrant about 3 minutes.
- ☐ Add the water to the pot along with the fennel slices and bring to a boil. Lower heat and cook until fennel softens somewhat, about 8 minutes.

- ☐
- Add the clean mussels to the pot and cover it with a lid. Cook until the shells open, about 4 minutes.
- ☐
- Remove from heat and let the mussels cool in the liquid until they can be handled easily. Once cool enough, discard any mussels that did not open and remove the rest from their shells. Discard the shells. Divide the mussels between 6 shallow soup bowls.
- ☐
- Add the tomato sauce to the broth in the soup pot, adjust seasoning. Bring to a boil, then pour some of the hot broth over the mussels in each bowl.
- ☐
- Garnish with reserved chopped fennel fronds.
- ☐
- Serve hot with crusty bread.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:5.44, Inflammation Score:-9, Nutrition Score:33.127826213837%

## Flavonoids

Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

## Nutrients (% of daily need)

Calories: 205.58kcal (10.28%), Fat: 8.63g (13.27%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 13.1g (4.76%), Sugar: 8g (8.88%), Cholesterol: 32.39mg (10.8%), Sodium: 366.16mg (15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.26%), Vitamin B12: 13.88µg (231.33%), Manganese: 4.32mg (215.75%), Selenium: 52.11µg (74.44%), Vitamin K: 71.02µg (67.64%), Vitamin C: 54.85mg (66.49%), Vitamin A: 2928.84IU (58.58%), Potassium: 1109.66mg (31.7%), Iron: 5.61mg (31.19%), Phosphorus: 305.04mg (30.5%), Folate: 98.05µg (24.51%), Vitamin E: 3.07mg (20.46%), Vitamin B1: 0.3mg (20.22%), Magnesium: 76.79mg (19.2%), Vitamin B3: 3.7mg (18.48%), Vitamin B2: 0.31mg (17.95%), Copper: 0.34mg (16.75%), Vitamin B6: 0.33mg (16.35%), Zinc: 2.44mg (16.27%), Fiber: 3.76g (15.03%), Vitamin B5: 0.87mg (8.7%), Calcium: 74.77mg (7.48%)