

**59%**
HEALTH SCORE

Seafood Stew

 Dairy Free  Very Healthy

READY IN

**55 min.**

SERVINGS

**6**

CALORIES

**670 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slices baguette buttered and rubbed with garlic toasted
- 1 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes chopped canned
- 2 cups fennel bulb chopped (1 large bulb)
- 3 cloves garlic chopped
- 1 pound halibut and bass fillets cut in large chunks
- 2 teaspoons kosher salt
- 24 mussels cleaned

- 3 tablespoons olive oil good
- 1.5 cups onions yellow chopped (2 small)
- 1 teaspoon orange zest grated
- 3 tablespoons pernod
- 1 teaspoon saffron threads
- 1 pound shrimp shelled deveined for the stock (use the shells)
- 2 cups potatoes diced white
- 2 cups white wine good

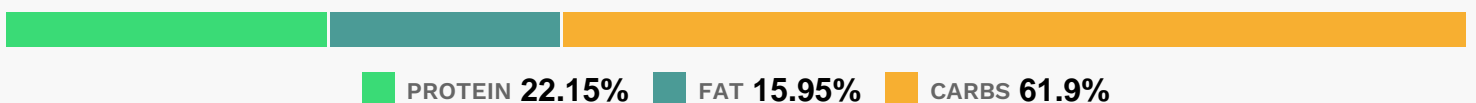
Equipment

- pot
- wooden spoon
- dutch oven

Directions

- Heat the oil in a Dutch oven or stockpot, add the onions, potatoes, fennel, salt, and pepper, and saute over medium - low heat for 15 minutes, until the onions begin to brown.
- Add the wine and scrape up the brown bits with a wooden spoon.
- Add the tomatoes with their juices, stock, garlic, and saffron to the pot, bring to a boil, then lower the heat and simmer uncovered for 15 minutes, until the potatoes are tender.
- Add the shrimp, fish, and mussels, bring to a boil, then lower the heat, cover, and cook for 5 minutes. Turn off the heat and allow the pot to sit covered for another 5 minutes. The fish and shrimp should be cooked and the mussels opened. Discard any mussels that don't open. Stir in the Pernod, orange zest, and salt to taste.
- Serve ladled over one or two slices of toasted baguette.

Nutrition Facts



Properties

Glycemic Index:92.42, Glycemic Load:39.72, Inflammation Score:-8, Nutrition Score:37.100869344628%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

Nutrients (% of daily need)

Calories: 669.85kcal (33.49%), Fat: 10.58g (16.28%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 92.38g (30.79%), Net Carbohydrates: 83.87g (30.5%), Sugar: 12.33g (13.7%), Cholesterol: 46.18mg (15.39%), Sodium: 1158.03mg (50.35%), Alcohol: 11.08g (100%), Alcohol %: 2.47% (100%), Protein: 33.06g (66.13%), Selenium: 99.54µg (142.2%), Manganese: 2.48mg (123.75%), Vitamin B12: 4.75µg (79.14%), Vitamin B6: 1.1mg (54.83%), Phosphorus: 521.68mg (52.17%), Vitamin B3: 9.76mg (48.78%), Vitamin C: 37.69mg (45.69%), Potassium: 1575.22mg (45.01%), Fiber: 8.51g (34.04%), Magnesium: 132.55mg (33.14%), Copper: 0.65mg (32.48%), Iron: 5.53mg (30.75%), Vitamin K: 32.26µg (30.72%), Vitamin B1: 0.38mg (25.4%), Vitamin E: 3.59mg (23.94%), Vitamin D: 3.55µg (23.69%), Folate: 88.36µg (22.09%), Zinc: 2.74mg (18.25%), Vitamin B2: 0.28mg (16.63%), Vitamin B5: 1.54mg (15.37%), Calcium: 125.61mg (12.56%), Vitamin A: 432IU (8.64%)