



## Shrimp and Cod with Tarragon Broth and Croutons

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups bread cubes cut from bread white
- ☐ 2 tablespoons butter
- ☐ 1.7 cups canned tomatoes diced with their juice one 15-ounce can canned
- ☐ 2 ribs celery chopped
- ☐ 1 cup bottled clam juice
- ☐ 0.8 pound cod fillet boneless skinless cut into approximately 1-by-1/2-inch strips
- ☐ 1.3 teaspoons tarragon dried
- ☐ 0.5 cup cooking wine dry white

- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 servings fresh-ground pepper black
- ☐ 2.5 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt
- ☐ 0.8 pound shrimp shelled halved lengthwise
- ☐ 3 cups water

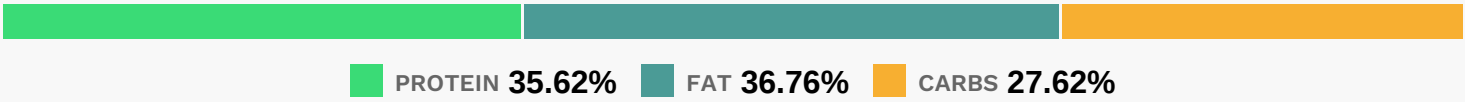
## Equipment

- ☐ frying pan
- ☐ pot

## Directions

- ☐ In a large pot, melt the butter over moderately low heat.
- ☐ Add the onion, celery, garlic, and 3/4 teaspoon of the salt. Cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
- ☐ Add the wine, tarragon, clam juice, tomatoes, and water. Bring to a boil. Reduce the heat and simmer for 10 minutes.
- ☐ Meanwhile, put a medium frying pan over moderately low heat. Toss the bread cubes with the oil and the remaining 1/4 teaspoon salt; add them to the pan. Cook, stirring frequently, until crisp and golden brown, about 5 minutes.
- ☐ Remove from the heat and toss the croutons with 1/8 teaspoon pepper and 2 tablespoons of the parsley.
- ☐ Stir the cod and shrimp into the soup. Cook, stirring occasionally, until the seafood is just done, 3 to 5 minutes. Stir in 1/4 teaspoon pepper and the remaining parsley and serve the soup topped with the croutons.
- ☐ Wine Recommendation: Fish soup with an herb-infused broth makes us think of sunlit patios overlooking a shimmering Mediterranean. If you were in Nice, you'd be drinking a Provençal rosé. Why not here?

## Nutrition Facts



## Properties

Glycemic Index:86.67, Glycemic Load:8.31, Inflammation Score:-8, Nutrition Score:24.221304188604%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

## Nutrients (% of daily need)

Calories: 436.21kcal (21.81%), Fat: 17.1g (26.31%), Saturated Fat: 5.26g (32.86%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 25.5g (9.27%), Sugar: 7.73g (8.59%), Cholesterol: 188.55mg (62.85%), Sodium: 1294.18mg (56.27%), Alcohol: 3.09g (100%), Alcohol %: 0.62% (100%), Protein: 37.29g (74.58%), Vitamin K: 98.39µg (93.71%), Selenium: 37.12µg (53.03%), Phosphorus: 443.44mg (44.34%), Manganese: 0.66mg (32.94%), Potassium: 1025.16mg (29.29%), Vitamin C: 23.25mg (28.18%), Copper: 0.55mg (27.46%), Vitamin B6: 0.49mg (24.4%), Magnesium: 97.51mg (24.38%), Vitamin B3: 4.43mg (22.16%), Iron: 3.61mg (20.07%), Vitamin E: 2.86mg (19.09%), Vitamin A: 953.12IU (19.06%), Calcium: 180.42mg (18.04%), Vitamin B1: 0.26mg (17.65%), Folate: 64.79µg (16.2%), Zinc: 2.23mg (14.88%), Fiber: 3.41g (13.65%), Vitamin B2: 0.23mg (13.46%), Vitamin B12: 0.8µg (13.39%), Vitamin B5: 0.66mg (6.61%), Vitamin D: 0.77µg (5.1%)