



Shrimp Bouillabaisse Fondue

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 16 ounce bottled clam juice
- ☐ 1 cup cooking wine dry white
- ☐ 2 cups fennel bulb diced (1 bulb)
- ☐ 9 ounces bread french toasted cut into 1-inch cubes
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon garlic powder

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 teaspoon saffron threads
- ☐ 0.3 teaspoon salt
- ☐ 2.3 pounds shrimp deveined peeled

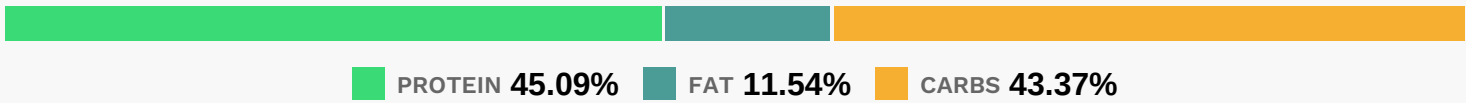
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a bowl; toss gently to coat.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add shrimp mixture; saut 3 minutes or until shrimp are done.
- ☐ Remove shrimp from pan; set aside.
- ☐ Add fennel and minced garlic to pan; saut 3 minutes or until tender.
- ☐ Add wine and next 4 ingredients (wine through tomatoes). Bring to a boil; reduce heat, and simmer 5 minutes.
- ☐ Place mixture in a blender; process until smooth.
- ☐ Pour into a fondue pot; keep warm over medium flame.
- ☐ Serve with shrimp and bread.

Nutrition Facts



Properties

Glycemic Index:57.92, Glycemic Load:19.28, Inflammation Score:-6, Nutrition Score:18.092173778492%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 384.62kcal (19.23%), Fat: 4.65g (7.16%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 39.34g (13.11%), Net Carbohydrates: 35.78g (13.01%), Sugar: 9.03g (10.03%), Cholesterol: 273.86mg (91.29%), Sodium: 936.99mg (40.74%), Alcohol: 4.12g (100%), Alcohol %: 1.21% (100%), Protein: 40.9g (81.81%), Phosphorus: 464.26mg (46.43%), Copper: 0.91mg (45.26%), Manganese: 0.57mg (28.56%), Potassium: 927.06mg (26.49%), Vitamin B1: 0.38mg (25.25%), Magnesium: 100.41mg (25.1%), Vitamin K: 23.9µg (22.76%), Iron: 3.94mg (21.88%), Zinc: 3.1mg (20.67%), Selenium: 13.4µg (19.15%), Folate: 75.81µg (18.95%), Calcium: 182.09mg (18.21%), Vitamin C: 14.52mg (17.6%), Vitamin B3: 3.31mg (16.55%), Vitamin B2: 0.24mg (14.38%), Fiber: 3.56g (14.24%), Vitamin B6: 0.25mg (12.63%), Vitamin E: 1.55mg (10.33%), Vitamin A: 318.15IU (6.36%), Vitamin B5: 0.49mg (4.94%)