



 **74%**
HEALTH SCORE

Sicilian Fish Soup

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings garlic aioli
- 12 slices crusty baguette toasted
- 6 servings pepper black freshly ground to taste
- 28 ounce canned tomatoes diced undrained canned
- 2 tablespoons capers drained
- 3 cups chicken stock see
- 2 pounds fish fillet cut into pieces
- 0.5 cup parsley fresh chopped

- 3 garlic clove minced
- 18 olive green quartered
- 0.5 cup mint leaves fresh toasted chopped
- 2 tablespoons olive oil
- 1 onion chopped
- 0.3 teaspoon pepper dried red crushed
- 6 servings salt to taste

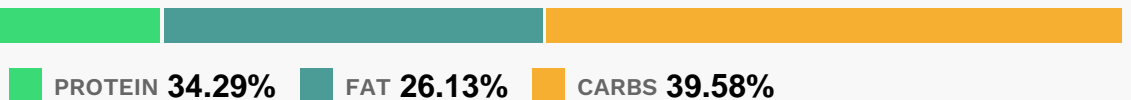
Equipment

- bowl
- ladle
- pot

Directions

- Heat oil over medium heat in a large pot.
- Add onion, and saue 5 minutes or until softened.
- Add garlic, and saut 1 minute.
- Add olives and next 5 ingredients; bring to a boil. Partially cover, reduce heat, and simmer 10 minutes.
- Add fish, cover, and simmer 5 to 10 minutes or until fish is opaque and flakes with a fork. Season with salt and pepper.
- Spread baguette slices with Garlic Aoli.
- Ladle soup into bowls.
- Garnish, if desired. Dollop remaining Garlic Aoli on soup, if desired.
- Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:24.41, Inflammation Score:-9, Nutrition Score:34.346521501956%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 488.86kcal (24.44%), Fat: 14.37g (22.11%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 48.98g (16.33%), Net Carbohydrates: 43.78g (15.92%), Sugar: 11.64g (12.93%), Cholesterol: 80.53mg (26.84%), Sodium: 1318.97mg (57.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.42g (84.84%), Selenium: 78.11µg (111.59%), Vitamin K: 97.27µg (92.64%), Vitamin B3: 12.54mg (62.69%), Phosphorus: 406.97mg (40.7%), Vitamin B1: 0.6mg (39.85%), Vitamin B12: 2.39µg (39.82%), Folate: 144.38µg (36.1%), Manganese: 0.71mg (35.63%), Potassium: 1140.58mg (32.59%), Vitamin B6: 0.64mg (31.97%), Iron: 5.75mg (31.92%), Vitamin D: 4.69µg (31.25%), Vitamin B2: 0.5mg (29.32%), Copper: 0.56mg (27.79%), Vitamin C: 22.19mg (26.9%), Magnesium: 98.93mg (24.73%), Vitamin E: 3.71mg (24.72%), Fiber: 5.2g (20.81%), Vitamin A: 945.14IU (18.9%), Calcium: 162.04mg (16.2%), Vitamin B5: 1.42mg (14.16%), Zinc: 1.69mg (11.28%)