



Simple Fish Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



105 min.

SERVINGS



1

CALORIES



1256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb bass whole black
- 1 teaspoon cornstarch
- 0.3 cup cilantro leaves fresh chopped
- 1 piece ginger fresh cut into 1/4-in.-thick coins (1 in. by 2 in.)
- 1 teaspoon garlic minced
- 2 tablespoons garlic toasted
- 2 teaspoons juice of lime
- 1 serrano chile stemmed sliced

- 1 cup shallots thinly sliced (from 3 large)
- 1 tbsp thai fish sauce
- 2 cups tomatoes fresh diced with juice canned
- 3 tablespoons vegetable oil

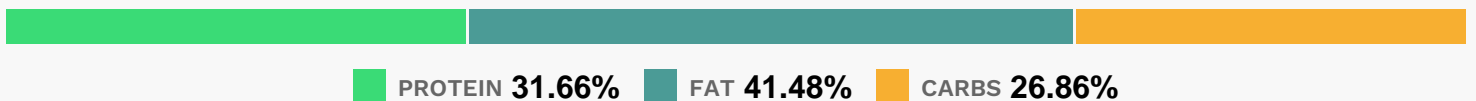
Equipment

- bowl
- ladle
- pot

Directions

- Slice fish fillets into 1-in.-wide strips and place in a bowl.
- Add 1 tbsp. fish sauce and the cornstarch and toss to coat evenly.
- Heat oil in a large pot over medium heat.
- Add shallots and cook, stirring occasionally, until just softened, about 5 minutes.
- Add garlic and cook another 30 seconds.
- Add tomatoes, ginger, chile, fish skeleton and head, and 2 qts. water; increase heat to high and bring to a simmer. Lower heat to a low simmer and cook, uncovered, 1 hour.
- Remove fish skeleton and head and discard.
- Add fish strips and lime juice just before serving, then simmer 3 to 5 minutes, until fish is opaque throughout. Taste broth and add more fish sauce if you like.
- Ladle into warmed soup bowls and top with cilantro and toasted garlic.
- Serve immediately.
- *A fishmonger can fillet the fish for you, but be sure to ask for the bones and head--they give rich flavor to the soup.

Nutrition Facts



Properties

Glycemic Index:175, Glycemic Load:21.51, Inflammation Score:-10, Nutrition Score:69.809565170952%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 1256.47kcal (62.82%), Fat: 59.34g (91.29%), Saturated Fat: 10.03g (62.69%), Carbohydrates: 86.48g (28.83%), Net Carbohydrates: 68.75g (25%), Sugar: 41.32g (45.92%), Cholesterol: 308.44mg (102.81%), Sodium: 2405.36mg (104.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 101.91g (203.82%), Manganese: 6.02mg (301.07%), Vitamin B12: 9.16µg (152.64%), Phosphorus: 1243.35mg (124.33%), Vitamin B6: 2.45mg (122.33%), Potassium: 4038.04mg (115.37%), Vitamin K: 120.21µg (114.48%), Vitamin C: 86.03mg (104.28%), Selenium: 67.42µg (96.31%), Iron: 16.57mg (92.04%), Magnesium: 325.39mg (81.35%), Copper: 1.62mg (81.04%), Fiber: 17.74g (70.94%), Calcium: 663.89mg (66.39%), Vitamin E: 9.71mg (64.75%), Vitamin B3: 12.82mg (64.12%), Vitamin B1: 0.9mg (59.76%), Folate: 227.61µg (56.9%), Vitamin B5: 5.64mg (56.37%), Vitamin B2: 0.68mg (40.19%), Vitamin A: 1928.64IU (38.57%), Zinc: 5.53mg (36.89%)