



Summer Tomato Bouillabaisse with Basil Rouille

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



262 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 fillet anchovy packed in oil, drained
- 1.3 pound cherry tomatoes
- 8 ounce bottled clam juice
- 6 servings top sliced (for serving)
- 0.3 cup wine dry white
- 1 small fennel bulb trimmed halved thinly sliced
- 0.5 cup basil fresh packed ()

- 2 tablespoons parsley fresh chopped
- 4 garlic clove divided
- 6 servings pepper black freshly ground
- 1 tablespoon juice of lemon fresh
- 0.3 cup mayonnaise
- 5 tablespoons olive oil extra virgin extra-virgin divided
- 3 pounds littleneck clams mixed scrubbed (such as littleneck clams, cockles, mussels)

Equipment

- bowl
- pot
- blender

Directions

- Mince or finely grate 2 garlic cloves and transfer to a blender.
- Add basil, mayonnaise, 3 tablespoons oil, anchovies, and lemon juice. Purée until smooth.
- Transfer basil rouille to a small bowl, cover, and chill.
- Heat remaining 2 tablespoons oil in a large heavy pot over medium-high heat.
- Add tomatoes and fennel; season with salt and pepper and cook, stirring occasionally, until tomatoes burst, about 10 minutes.
- Slice remaining 2 garlic cloves and add to pot. Cook, stirring often, until garlic becomes fragrant, about 1 minute.
- Pour in wine and cook, stirring often, until almost absorbed, about 1 minute.
- Add clam juice and 4 cups water and bring to a boil.
- Add shellfish and cook, covered, until opened (discard any that do not open), about 3 minutes. Stir in parsley.
- Spread basil rouille on bread and serve alongside.
- Per serving: 336 calories, 21 g fat, 24 grams carbohydrates
- Bon Appétit

Nutrition Facts

PROTEIN 11.36% FAT 66.96% CARBS 21.68%

Properties

Glycemic Index:63.58, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:15.677391430282%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 261.62kcal (13.08%), Fat: 19.37g (29.8%), Saturated Fat: 2.85g (17.78%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 11.87g (4.32%), Sugar: 5.59g (6.21%), Cholesterol: 14.93mg (4.98%), Sodium: 255.87mg (11.12%), Alcohol: 1.03g (100%), Alcohol %: 0.52% (100%), Protein: 7.39g (14.79%), Vitamin K: 80.03µg (76.22%), Vitamin B12: 3.88µg (64.58%), Vitamin C: 33.28mg (40.34%), Vitamin E: 3.09mg (20.61%), Vitamin A: 928.97IU (18.58%), Selenium: 12.63µg (18.05%), Manganese: 0.31mg (15.57%), Potassium: 471.06mg (13.46%), Phosphorus: 131.68mg (13.17%), Iron: 1.96mg (10.91%), Fiber: 2.24g (8.95%), Folate: 34.24µg (8.56%), Vitamin B6: 0.16mg (8.18%), Copper: 0.15mg (7.71%), Magnesium: 28.78mg (7.2%), Vitamin B3: 1.29mg (6.46%), Calcium: 60.33mg (6.03%), Vitamin B1: 0.07mg (4.6%), Vitamin B2: 0.07mg (4.08%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.54mg (3.59%)