



Tomato-Based White Wine Fish Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup carrots thinly sliced
- ☐ 16 ounce bottled clam juice
- ☐ 1 cup wine dry white
- ☐ 1 cup fennel bulb chopped
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced

- ☐ 0.5 pound pacific halibut filets skinless cut into 1-inch pieces
- ☐ 1.5 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 pound scallops
- ☐ 0.5 pound shrimp deveined peeled chopped
- ☐ 5 tablespoons tomato paste

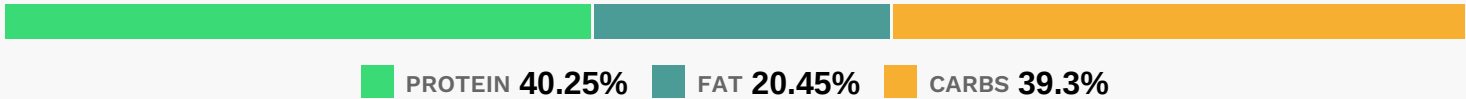
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add onion to pan; saut 2 minutes, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring constantly. Reduce heat to medium.
- ☐ Add tomato paste to pan; cook 7 minutes or until paste begins to brown, stirring occasionally.
- ☐ Add fennel and next 4 ingredients (through clam juice); bring to a boil. Reduce heat, and simmer 15 minutes or until vegetables are just tender. Stir in shrimp, scallops, and fish. Cover and cook 5 minutes or until fish is done. Gently stir in tarragon, chopped thyme, and pepper.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:72.97, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:19.782174048216%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 237.49kcal (11.87%), Fat: 4.83g (7.42%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 17.87g (6.5%), Sugar: 8.28g (9.2%), Cholesterol: 88.45mg (29.48%), Sodium: 624.78mg (27.16%), Alcohol: 4.12g (100%), Alcohol %: 1.56% (100%), Protein: 21.37g (42.73%), Vitamin A: 4733.8IU (94.68%), Vitamin C: 44.29mg (53.68%), Phosphorus: 355.37mg (35.54%), Selenium: 23.58µg (33.68%), Vitamin B6: 0.5mg (24.78%), Potassium: 814.59mg (23.27%), Vitamin B3: 3.99mg (19.94%), Manganese: 0.34mg (16.77%), Vitamin K: 17.32µg (16.5%), Vitamin B12: 0.97µg (16.19%), Magnesium: 56.83mg (14.21%), Copper: 0.28mg (14.03%), Vitamin E: 2.02mg (13.44%), Fiber: 2.99g (11.98%), Vitamin D: 1.78µg (11.84%), Folate: 44.59µg (11.15%), Zinc: 1.4mg (9.35%), Iron: 1.6mg (8.86%), Calcium: 74.52mg (7.45%), Vitamin B2: 0.11mg (6.28%), Vitamin B1: 0.09mg (6.14%), Vitamin B5: 0.52mg (5.23%)