



WHATSheATE



HEALTH SCORE

63%

Umbrian Fish Soup



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette
- ☐ 28 ounce canned tomatoes italian crushed canned (preferably)
- ☐ 0.5 cup celery chopped
- ☐ 2 pound freshwater fish fillets mixed cut into 2-inch pieces
- ☐ 1 leaf garnish: flat parsley chopped
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 garlic clove
- ☐ 4 garlic cloves finely chopped

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onion chopped
- ☐ 2 cups water
- ☐ 1 cup cooking wine dry white italian such as grechetto, vermentino, or trebbiano)

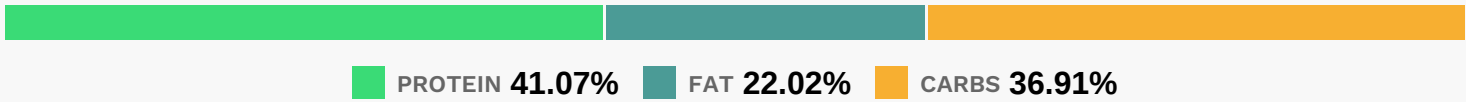
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Pat fish dry and sprinkle with 1/2 teaspoon salt.
- ☐ Cook onion, celery, and garlic in oil with 1/2 teaspoon salt in a deep 12-inch heavy skillet over medium heat, stirring occasionally, until onion is softened but not browned, about 8 minutes.
- ☐ Add parsley and cook, stirring, 1 minute.
- ☐ Add wine and boil until liquid is reduced by half, about 5 minutes.
- ☐ Add tomatoes, water, and 1 teaspoon salt and bring to a simmer.
- ☐ Add fish and reduce heat to cook at a bare simmer until just cooked through, about 10 minutes.
- ☐ Preheat broiler.
- ☐ Cut 18 (1/2-inch) slices from baguette and toast 3 to 5 inches from heat, turning once, until golden, 3 to 4 minutes total.
- ☐ Cut garlic clove in half and rub on toasts, then brush toasts with oil.
- ☐ Serve with soup
- ☐ Per serving: 422 calories, 24g fat (4g saturated), 88mg cholesterol, 234mg sodium, 13g carbohydrates, 4g fiber, 33g protein See Nutrition Data's complete analysis of this recipe ›
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:51.29, Glycemic Load:17.19, Inflammation Score:-8, Nutrition Score:27.984782757966%

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 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: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 380.65kcal (19.03%), Fat: 8.81g (13.55%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 33.22g (11.07%), Net Carbohydrates: 29.33g (10.66%), Sugar: 8.89g (9.87%), Cholesterol: 75.6mg (25.2%), Sodium: 525.98mg (22.87%), Alcohol: 4.12g (100%), Alcohol %: 1.1% (100%), Protein: 36.96g (73.91%), Selenium: 71.66µg (102.37%), Vitamin K: 59.64µg (56.8%), Vitamin B3: 9.55mg (47.74%), Vitamin B12: 2.39µg (39.82%), Phosphorus: 357.41mg (35.74%), Vitamin D: 4.69µg (31.25%), Manganese: 0.61mg (30.51%), Potassium: 990.51mg (28.3%), Vitamin B6: 0.56mg (28.12%), Vitamin B1: 0.42mg (28.06%), Folate: 108.16µg (27.04%), Iron: 4.39mg (24.39%), Copper: 0.44mg (21.99%), Magnesium: 87.12mg (21.78%), Vitamin C: 17.75mg (21.51%), Vitamin E: 3.1mg (20.66%), Vitamin B2: 0.32mg (18.68%), Fiber: 3.89g (15.56%), Vitamin B5: 1.34mg (13.42%), Calcium: 124.5mg (12.45%), Vitamin A: 547.36IU (10.95%), Zinc: 1.33mg (8.88%)