



HEALTH SCORE

100%

## Venetian Fish Soup



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bay leaves
- ☐ 2.5 cups canned tomatoes thick canned crushed (from a 28-ounce can)
- ☐ 2 carrots chopped
- ☐ 2 ribs celery chopped
- ☐ 3.5 cups bottled clam juice
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.5 cup wine dry white
- ☐ 1 fennel bulb chopped

- ☐ 2 pounds fish fillet white red such as cod, halibut, ocean perch, orange roughy, pollack, snapper, or tilapia, cut into 1-by-1-inch pieces firm (use a mixture of 2 or 3 kinds)
- ☐ 5 tablespoons parsley fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 0.1 teaspoon pepper black
- ☐ 3 tablespoons olive oil
- ☐ 2 onion chopped
- ☐ 0.3 teaspoon pepper dried
- ☐ 1 teaspoon bottled clam juice
- ☐ 0.5 pound shells
- ☐ 2 cups water

## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Put the shrimp shells and the water in a small pot; bring the water to a boil. Reduce the heat and simmer, covered, for 15 minutes. Strain the shrimp stock into a bowl. Discard the shells.
- ☐ In a large pot, heat the oil over moderate heat.
- ☐ Add the carrots, onions, fennel, celery, and garlic; cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.
- ☐ Add the wine; cook until it almost evaporates, about 5 minutes. Stir in the shrimp stock, clam juice, tomatoes, red-pepper flakes, 4 tablespoons of the parsley, the thyme, salt, and bay leaves. Bring to a boil. Reduce the heat and simmer, partially covered, for 25 minutes. Taste for salt and, if needed, add more.
- ☐ Remove the bay leaves.
- ☐ Add the fish, shrimp, the remaining tablespoon parsley, and the pepper to the pot and bring to a simmer. Simmer until the fish and shrimp are just done, about 2 minutes.
- ☐ Wine Recommendation: Tomato-based fish dishes are just fine with red wine. Here, a refreshingly light and fruity Bardolino from the Veneto will be perfect.

# Nutrition Facts

PROTEIN 31.37% FAT 19.68% CARBS 48.95%

## Properties

Glycemic Index:84.96, Glycemic Load:24.01, Inflammation Score:-10, Nutrition Score:47.701304145481%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

## Nutrients (% of daily need)

Calories: 758.81kcal (37.94%), Fat: 16.43g (25.27%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 91.9g (30.63%), Net Carbohydrates: 82.07g (29.84%), Sugar: 21.79g (24.22%), Cholesterol: 113.4mg (37.8%), Sodium: 1157.84mg (50.34%), Alcohol: 3.09g (100%), Alcohol %: 0.4% (100%), Protein: 58.91g (117.82%), Selenium: 133.88µg (191.26%), Vitamin K: 148.99µg (141.89%), Vitamin A: 6366.95IU (127.34%), Manganese: 1.34mg (66.83%), Vitamin B3: 13.1mg (65.49%), Phosphorus: 640.66mg (64.07%), Vitamin B12: 3.65µg (60.76%), Potassium: 1983.66mg (56.68%), Vitamin C: 45.98mg (55.73%), Vitamin B6: 1.03mg (51.59%), Vitamin D: 7.03µg (46.87%), Magnesium: 161.69mg (40.42%), Copper: 0.8mg (39.82%), Fiber: 9.82g (39.29%), Folate: 148.71µg (37.18%), Vitamin E: 5.31mg (35.37%), Iron: 5.69mg (31.61%), Vitamin B1: 0.37mg (24.83%), Vitamin B5: 2.34mg (23.4%), Vitamin B2: 0.36mg (21.15%), Calcium: 186.92mg (18.69%), Zinc: 2.6mg (17.35%)