

# White Fish Stock

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups wine dry white
- 6 tablespoons juice of lemon fresh
- 2 large onion sliced
- 1 bunch parsley fresh for another use (reserve leaves )
- 1.5 teaspoons salt
- 1 tablespoon butter unsalted softened
- 10 cups water cold
- 3 lb fish fillet mixed red rinsed well (such as cod, grouper, monkfish, porgy, snapper, striped bass, and turbot)

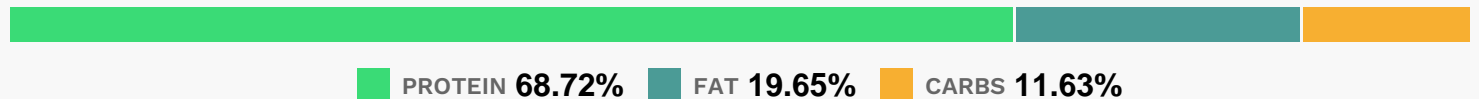
## Equipment

- bowl
- pot
- sieve

## Directions

- Spread butter in bottom of a 6- to 8-quart heavy pot.
- Add fish bones and heads, onions, parsley stems, lemon juice, and salt and cook, covered, over moderately high heat, without stirring, 5 minutes. (
- Mixture will steam in its own juices.)
- Add water and wine and bring to a boil, then reduce heat and simmer, uncovered, skimming any froth, 25 minutes.
- Pour stock through a fine-mesh sieve into a large bowl, pressing on and then discarding solids.
- Stock can be made ahead and cooled completely, uncovered, then chilled, covered, for 2 days or frozen 1 month.

## Nutrition Facts



## Properties

Glycemic Index:6.17, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:15.444347744403%

## 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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin:

5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

## **Nutrients (% of daily need)**

Calories: 155.19kcal (7.76%), Fat: 2.95g (4.55%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.58g (1.75%), Cholesterol: 59.21mg (19.74%), Sodium: 364.87mg (15.86%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 23.24g (46.49%), Vitamin K: 79.79µg (75.99%), Selenium: 47.58µg (67.97%), Vitamin B12: 1.79µg (29.89%), Vitamin D: 3.53µg (23.55%), Vitamin B3: 4.56mg (22.78%), Phosphorus: 209.06mg (20.91%), Vitamin C: 11.07mg (13.42%), Potassium: 434.64mg (12.42%), Vitamin B6: 0.24mg (11.82%), Folate: 41.02µg (10.26%), Magnesium: 40.94mg (10.24%), Vitamin A: 430.24IU (8.6%), Copper: 0.14mg (6.81%), Vitamin B5: 0.63mg (6.27%), Iron: 1.07mg (5.95%), Manganese: 0.12mg (5.93%), Vitamin B2: 0.09mg (5.23%), Vitamin B1: 0.07mg (4.36%), Vitamin E: 0.53mg (3.55%), Zinc: 0.53mg (3.53%), Calcium: 33.17mg (3.32%), Fiber: 0.6g (2.42%)