



Zesty Provençale Bouillabaisse with Pistou

 Gluten Free  Dairy Free

READY IN



68 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.1 teaspoon pepper black
- 28 ounce canned tomatoes diced canned
- 0.8 cup celery chopped (2 stalks)
- 8 ounce bottled clam juice
- 0.5 cup less-sodium chicken broth dry white fat-free
- 1 cup less-sodium chicken broth fat-free
- 0.5 teaspoon fennel seeds

- 0.5 cup basil leaves fresh loosely packed
- 2 garlic cloves minced
- 2 garlic cloves peeled halved
- 6 ounces halibut fillet cut into pieces
- 1 teaspoon olive oil
- 3 tablespoons olive oil
- 2 cups onion chopped (1 large)
- 2 orange rind strips ()
- 1 chile dried red hot
- 0.1 teaspoon saffron threads
- 0.1 teaspoon salt
- 6 ounces sea scallops
- 6 ounces shrimp deveined peeled
- 1 thyme sprig
- 6 allspice whole

Equipment

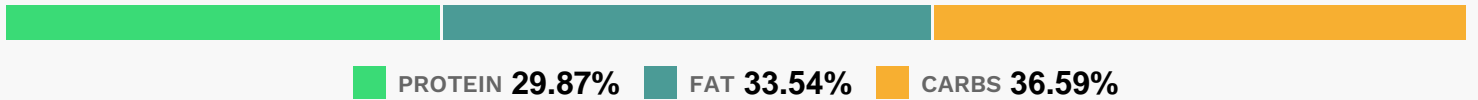
- food processor
- bowl
- frying pan
- ladle
- dutch oven
- cheesecloth

Directions

- Place first 5 ingredients on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- Heat 1 teaspoon oil in a large Dutch oven coated with cooking spray over medium-high heat.
- Add onion and celery; saut 3 minutes or until tender.

- Add garlic; saut 1 minute.
- Add wine, and cook 1 to 2 minutes or until liquid evaporates, scraping pan to loosen browned bits.
- Add cheesecloth bag, tomatoes, and next 4 ingredients; bring to a boil. Reduce heat to low, and simmer, uncovered, 35 minutes.
- While stew simmers, combine basil and next 4 ingredients in a food processor; process until smooth. Spoon pistou into a small bowl; set aside.
- Remove cheesecloth bag from stew, and discard. Bring stew to a boil. Stir in fish and scallops; cover and cook 2 minutes. Stir in shrimp; cover and cook 3 minutes or until seafood is done. Ladle soup into bowls, and top with pistou.

Nutrition Facts



Properties

Glycemic Index:109.75, Glycemic Load:6.13, Inflammation Score:-9, Nutrition Score:25.110434905342%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg

Nutrients (% of daily need)

Calories: 347.76kcal (17.39%), Fat: 13.53g (20.81%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 26.57g (9.66%), Sugar: 14.47g (16.08%), Cholesterol: 99.51mg (33.17%), Sodium: 1154.13mg (50.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.22%), Vitamin C: 37.8mg (45.82%), Phosphorus: 449.75mg (44.98%), Selenium: 29.11µg (41.58%), Vitamin B6: 0.77mg (38.73%), Potassium: 1252.31mg (35.78%), Vitamin K: 36.05µg (34.33%), Manganese: 0.66mg (33.05%), Copper: 0.65mg (32.58%), Vitamin B3: 6.39mg (31.95%), Vitamin E: 4.57mg (30.48%), Fiber: 6.63g (26.53%), Magnesium: 93.29mg (23.32%), Iron: 3.83mg (21.25%), Vitamin B12: 1.25µg (20.91%), Folate: 69.33µg (17.33%), Vitamin A: 859.31IU (17.19%), Vitamin B1: 0.25mg (16.49%), Calcium: 160.23mg (16.02%), Vitamin D: 2µg (13.32%), Zinc: 1.96mg (13.07%), Vitamin B2: 0.19mg (11.43%), Vitamin B5: 1.14mg (11.4%)