

health-score 73%

HEALTH SCORE

Zuppa di Pesce from Amalfi

 Dairy Free  Very Healthy

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices country bread
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 1 rib celery finely chopped
- ☐ 8 razor clams
- ☐ 8 giant crayfish
- ☐ 2 cups cooking wine dry white
- ☐ 1 bunch marjoram fresh

- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 1 clove garlic
- ☐ 4 cloves garlic thinly sliced
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 8 mussels rinsed scrubbed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 onion spanish chopped
- ☐ 2 bunches parsley italian finely chopped
- ☐ 4 young mullets red
- ☐ 1 medium onion red finely chopped
- ☐ 1 tablespoon pepper flakes red crushed
- ☐ 4 servings salt to taste
- ☐ 1 cup tomatoes fresh chopped

Equipment

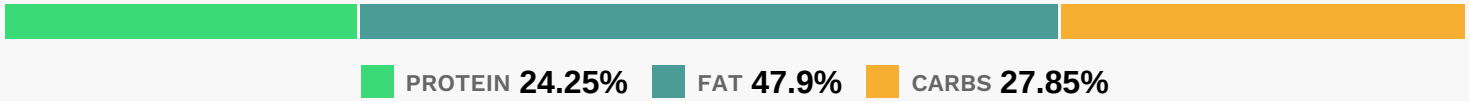
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large casserole, heat the olive oil over moderate heat.
- ☐ Add the celery, garlic, onion, and pepper flakes and cook until translucent, about 6 to 8 minutes.
- ☐ Add the tomato sauce, wine and tomatoes and bring to a boil.
- ☐ Add the fish, and shellfish, cover and bring to a boil. Uncover and reduce the heat to a simmer until the shellfish have opened, 5 to 6 minutes.
- ☐ Toast the bread and, while still hot, rub with the garlic.
- ☐ Lay 1 slice in each of 4 bowls. Divide the seafood among the 4 bowls, then divide the broth among the bowls, and sprinkle each bowl with parsley.

- ☐ Garnish with marjoram leaves.
- ☐ Serve immediately.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:130.13, Glycemic Load:10.98, Inflammation Score:-10, Nutrition Score:53.65782596754%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 76.97mg, Apigenin: 76.97mg, Apigenin: 76.97mg, Apigenin: 76.97mg Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 5.58mg, Myricetin: 5.58mg, Myricetin: 5.58mg, Myricetin: 5.58mg Quercetin: 13.69mg, Quercetin: 13.69mg, Quercetin: 13.69mg, Quercetin: 13.69mg

Nutrients (% of daily need)

Calories: 747.59kcal (37.38%), Fat: 36.25g (55.78%), Saturated Fat: 5.99g (37.44%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 37.83g (13.76%), Sugar: 16.52g (18.36%), Cholesterol: 82.07mg (27.36%), Sodium: 1120.43mg (48.71%), Alcohol: 12.36g (100%), Alcohol %: 1.73% (100%), Protein: 41.3g (82.61%), Vitamin K: 621.62µg (592.02%), Vitamin C: 107.76mg (130.61%), Vitamin A: 6152.82IU (123.06%), Selenium: 74.34µg (106.2%), Manganese: 1.8mg (89.78%), Vitamin B6: 1.47mg (73.5%), Vitamin B3: 13.86mg (69.31%), Vitamin E: 9.65mg (64.36%), Iron: 11.44mg (63.55%), Phosphorus: 582.36mg (58.24%), Potassium: 1979.26mg (56.55%), Vitamin B12: 2.83µg (47.08%), Magnesium: 160.08mg (40.02%), Folate: 155.71µg (38.93%), Fiber: 9.59g (38.35%), Vitamin B1: 0.56mg (37.34%), Calcium: 349.59mg (34.96%), Vitamin B2: 0.58mg (34.25%), Copper: 0.6mg (29.92%), Vitamin B5: 2.36mg (23.58%), Zinc: 2.91mg (19.41%), Vitamin D: 2.25µg (15%)