



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Seafood Soup ♦♦

A delicious and hearty soup made with a variety of fresh seafood. Perfect for a cozy dinner or a special occasion.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

250 g	Shrimp
250 g	Mussels
250 g	Clams
250 g	Fish Fillets
100 g	onion
10 g	garlic

200 g	Tomatoes
1000 ml	fish stock
30 ml	olive oil
5 g	salt
2 g	pepper
10 g	Parsley

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Add diced tomatoes to the pot and cook for another 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 3

Stove

Pour in fish stock and bring to a boil. Reduce heat and let it simmer for 10 minutes.

Prep Time: 1 mins

Cook Time: 10 mins

Step 4

Stove

Add the seafood (shrimp, mussels, clams, and fish fillets) to the pot. Cook for 5-7 minutes or until the seafood is cooked through.

Prep Time: 2 mins

Cook Time: 7 mins

Step 5

Season with salt and pepper to taste. Garnish with chopped parsley before serving.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Cuisines

Italian French Mediterranean

Course

Soups

Cultural

Chinese New Year Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Teen Friendly Pregnancy Safe Lactation Friendly

Heart Healthy

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

Visit our website: healthdor.com