



Bubbling Asian Fondue

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings veggie broth
- ☐ 2 cups rice cooked
- ☐ 6 servings cup heavy whipping cream
- ☐ 6 servings ginger
- ☐ 6 servings mustard
- ☐ 4 basil pesto
- ☐ 0.5 pound scallops
- ☐ 0.5 pound shrimp shelled deveined per lb.), and

- ☐ 4 cups savory vegetable (choose 2 or 3--asparagus, broccoli, green beans)
- ☐ 6 servings yogurt
- ☐ 0.5 pound pacific halibut filets

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ skewers

Directions

- ☐ In 5- to 6-quart pan over high heat, bring 2 to 3 quarts water to a boil.
- ☐ Add vegetables. Cook until they turn bright green, 2 to 4 minutes.
- ☐ Drain; immerse in ice water until cool; drain again.
- ☐ Rinse fish, scallops, and shrimp; pat dry.
- ☐ Cut fish into 1/4-inch-thick slices, about 2 inches long.
- ☐ Cut scallops crosswise into 1/4-inch-thick slices.
- ☐ Cut shrimp in half lengthwise. Arrange fish, scallops, and shrimp on a flat dish.
- ☐ In a 3-quart metal chafing dish or pan over high heat, bring all Asian broth to a boil. If using a 2-quart fondue pan, fill halfway with boiling broth (keep remaining broth hot; cover, and set over lowest heat on a range).
- ☐ Set container on an alcohol or canned solid-fuel flame or an electric burner set on high heat. Arrange vegetables, seafood, sauces, and rice near pan.
- ☐ Spear foods, 1 piece at a time, with fondue forks or thin skewers (metal or wood) and immerse in broth. Cook vegetables until they are hot, and seafood until barely opaque in thickest part, 30 seconds to 1 minute. Dip hot foods into sauces and eat. As liquid evaporates in pan, add more boiling broth, using all.
- ☐ After vegetables and seafood are consumed, ladle remaining broth into bowls and add rice to each portion. Eat with spoons.

Nutrition Facts



 **PROTEIN 32.19%**  **FAT 21.5%**  **CARBS 46.31%**

Properties

Glycemic Index:52.5, Glycemic Load:22.53, Inflammation Score:-10, Nutrition Score:19.487826233325%

Nutrients (% of daily need)

Calories: 309.32kcal (15.47%), Fat: 7.54g (11.6%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 31.19g (11.34%), Sugar: 2.63g (2.93%), Cholesterol: 105.58mg (35.19%), Sodium: 1282.41mg (55.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.77%), Vitamin A: 6926.8IU (138.54%), Selenium: 28.7µg (40.99%), Phosphorus: 406.31mg (40.63%), Manganese: 0.59mg (29.67%), Vitamin B3: 4.51mg (22.55%), Fiber: 5.33g (21.32%), Vitamin B6: 0.41mg (20.62%), Potassium: 648.97mg (18.54%), Magnesium: 70.11mg (17.53%), Vitamin B12: 0.98µg (16.27%), Copper: 0.32mg (16.22%), Vitamin C: 12.83mg (15.56%), Vitamin D: 2.02µg (13.45%), Vitamin B1: 0.19mg (12.89%), Zinc: 1.87mg (12.48%), Folate: 48.59µg (12.15%), Iron: 1.77mg (9.83%), Vitamin B2: 0.16mg (9.45%), Calcium: 80.36mg (8.04%), Vitamin B5: 0.68mg (6.75%), Vitamin E: 0.41mg (2.75%)