



Cioppino



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell peppers chopped
- ☐ 1 cup chicken stock see
- ☐ 6 to 8 clams
- ☐ 1 small fish fillet firm (recommended: sea bass, flounder or other mild flesh fish)
- ☐ 1 clove garlic minced
- ☐ 1.5 cups tomatoes
- ☐ 6 to 8 mussels
- ☐ 0.3 cup olive oil

- ☐ 0.5 cup onions sliced
- ☐ 2 servings pepper flakes red to taste
- ☐ 1 cup red wine
- ☐ 6 shrimp and de-veined shelled

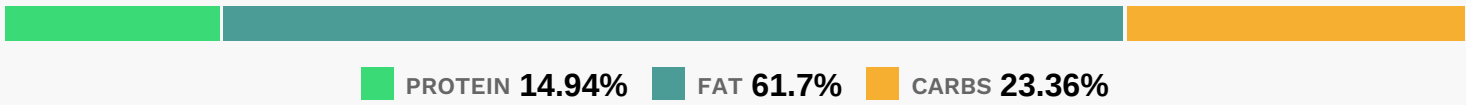
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat olive oil in a deep saute pan, over medium heat.
- ☐ Add the bell pepper, onions and garlic and saute until tender, approximately 7 to 10 minutes.
- ☐ Add the clams, mussels, red wine, chicken stock, marinara, red pepper flakes, shrimp and fish fillet and continue cooking until the clams and mussels are open, the shrimp cooked through and the fish is flaky.
- ☐ Transfer to a serving bowl and serve with a side of pasta and good bread, if desired.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:28.139130783146%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 513.99kcal (25.7%), Fat: 30.21g (46.47%), Saturated Fat: 4.42g (27.66%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 20.78g (7.56%), Sugar: 12.6g (14%), Cholesterol: 60.89mg (20.3%), Sodium: 1193.56mg (51.89%), Alcohol: 12.72g (100%), Alcohol %: 2.72% (100%), Protein: 16.46g (32.91%), Vitamin C: 66.18mg (80.22%), Manganese: 1.36mg (67.76%), Vitamin B12: 3.66µg (60.96%), Vitamin E: 8.11mg (54.07%), Vitamin A: 2619.94IU (52.4%), Potassium: 1168.36mg (33.38%), Vitamin B6: 0.55mg (27.61%), Phosphorus: 264.94mg (26.49%), Selenium: 17.94µg (25.64%), Vitamin B3: 5.07mg (25.36%), Iron: 4.56mg (25.35%), Vitamin K: 26.29µg (25.04%), Copper: 0.48mg (23.99%), Vitamin B2: 0.38mg (22.11%), Fiber: 4.95g (19.78%), Magnesium: 78.74mg (19.69%), Folate: 59.79µg (14.95%), Zinc: 1.83mg (12.21%), Vitamin B1: 0.18mg (11.93%), Vitamin B5: 0.93mg (9.32%), Calcium: 88.39mg (8.84%)