



Cioppino

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 8 servings olive oil with garlic and olive oil (for serving) toasted
- 28 ounce canned tomatoes whole peeled canned
- 16 ounce bottled clam juice
- 1 teaspoon basil dried
- 0.3 cup wine dry white
- 1 cup wine dry white
- 1 leaf parsley (for serving)

- 4 sprigs flat parsley
- 2 garlic clove thinly sliced
- 4 garlic clove chopped
- 8 servings pepper freshly ground
- 2 tablespoons olive oil
- 1 medium onion finely chopped
- 1 teaspoon oregano dried
- 0.5 teaspoons pepper red crushed
- 1 medium shallots finely chopped
- 1 pound shrimp deveined peeled
- 0.3 cup butter unsalted cut into 1/2" cubes ()
- 1 pound fish fillet skinless white firm cut into 1" pieces (such as sea bass)
- 2 pounds frangelico scrubbed (debearded)
- 2 pounds frangelico scrubbed (debearded)

Equipment

- bowl
- pot

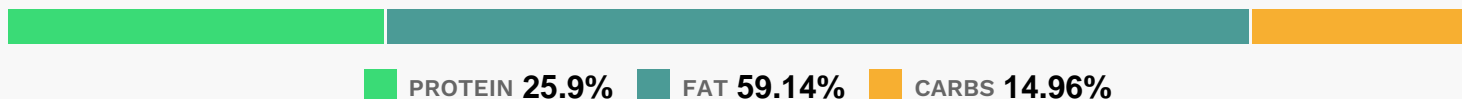
Directions

- Heat oil in a large heavy pot over medium heat.
- Add onion and cook, stirring occasionally, until softened, 8-10 minutes.
- Add garlic, basil, oregano, and red pepper flakes; stir until fragrant, about 3 minutes.
- Remove pot from heat and add wine. Return pot to heat, bring to a boil, and cook until wine is reduced by half, about 4 minutes.
- Add tomatoes with juices, crushing with your hands as you add them.
- Cook, stirring occasionally, until thickened, 15-20 minutes.
- Add clam juice, parsley, bay leaves, and 8 cups water; season with salt and pepper. Bring to a boil, reduce heat, and simmer until flavors meld, 10-15 minutes more. Discard parsley sprigs

and bay leaves. DO AHEAD: Broth can be made 2 days ahead.

- Let cool slightly; chill until cold. Cover and keep chilled. Reheat before continuing.
- Heat oil in a large heavy pot over medium heat.
- Add shallot; stir often until softened, about 3 minutes.
- Add garlic; stir until fragrant, about 1 minute.
- Remove from heat; add mussels and wine. Set over medium-high heat, cover, and cook, stirring occasionally, until shells open (discard any that do not open), about 4 minutes.
- Add reserved broth; bring to a simmer.
- Add fish and shrimp. Cover; cook just until opaque, about 4 minutes. Stir in butter; season with salt and pepper. Divide among bowls; top with parsley.
- Serve with toast.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:14.439130513564%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 395.98kcal (19.8%), Fat: 24.82g (38.19%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 12.28g (4.46%), Sugar: 5.48g (6.09%), Cholesterol: 134.89mg (44.96%), Sodium: 450.99mg (19.61%), Alcohol: 3.86g (100%), Alcohol %: 1.39% (100%), Protein: 24.45g (48.91%), Selenium: 24.61µg (35.15%), Vitamin K: 29.21µg (27.82%), Phosphorus: 262.21mg (26.22%), Vitamin E: 3.77mg (25.11%), Copper: 0.37mg (18.72%), Potassium: 639.75mg (18.28%), Vitamin C: 14.88mg (18.04%), Vitamin B6: 0.32mg (15.95%), Vitamin B3: 3.17mg (15.87%), Vitamin B12: 0.92µg (15.42%), Magnesium: 57.65mg (14.41%), Manganese: 0.29mg (14.28%), Iron: 2.25mg

(12.5%), Vitamin D: 1.86µg (12.43%), Calcium: 99.62mg (9.96%), Vitamin A: 475.44IU (9.51%), Zinc: 1.27mg (8.5%), Folate: 32.44µg (8.11%), Fiber: 1.85g (7.4%), Vitamin B2: 0.12mg (6.87%), Vitamin B1: 0.1mg (6.42%), Vitamin B5: 0.51mg (5.13%)