



Cioppino

 Gluten Free

READY IN



30 min.

SERVINGS



1

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce butter sweet whole
- ☐ 4 ounces clams
- ☐ 2 small crab legs any type
- ☐ 0.3 bunch basil fresh chopped
- ☐ 1 pinch parsley leaves fresh
- ☐ 0.5 ounce garlic peeled sliced
- ☐ 1 optional: lemon juiced halved cut in wedges
- ☐ 0.5 ounce olive oil

- ☐ 2 medium prawns deveined peeled
- ☐ 2 ounces salmon cut into small cubes
- ☐ 2 medium scallops
- ☐ 2.5 ounces tomato sauce
- ☐ 4 ounces cooking wine

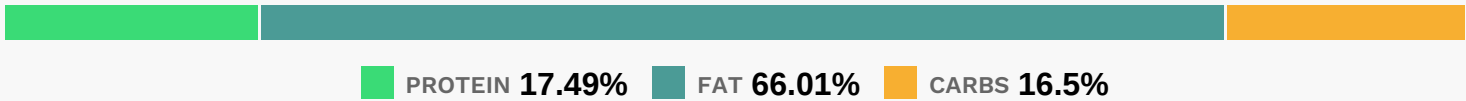
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium skillet over high heat, add oil. When oil is hot, briefly saute garlic then add the clams. Reduce heat to medium; add all remaining seafood except scallops. Cook until the fish is almost done. Deglaze the pan with white wine.
- ☐ Add the tomato sauce, scallops and juice from half of the lemon. Cover and let simmer about 3 to 4 minutes.
- ☐ Remove from heat; add parsley, butter and basil.
- ☐ Serve in a large bowl and garnish with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:267.5, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:25.663913063381%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 626.29kcal (31.31%), Fat: 41.77g (64.26%), Saturated Fat: 17.23g (107.69%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 19.04g (6.92%), Sugar: 6.29g (6.99%), Cholesterol: 132.38mg (44.13%), Sodium: 712.46mg (30.98%), Alcohol: 11.79g (100%), Alcohol %: 3.13% (100%), Protein: 24.9g (49.8%), Vitamin C: 68.45mg (82.97%), Vitamin B6: 0.89mg (44.32%), Selenium: 28.65µg (40.93%), Vitamin B12: 2.45µg (40.9%), Vitamin K: 37.44µg (35.66%), Phosphorus: 350.06mg (35.01%), Vitamin B3: 6.37mg (31.87%), Iron: 5.64mg (31.32%), Potassium: 943.23mg (26.95%), Manganese: 0.53mg (26.59%), Vitamin E: 3.92mg (26.11%), Vitamin A: 1254.17IU (25.08%), Vitamin B2: 0.38mg (22.14%), Copper: 0.43mg (21.31%), Fiber: 4.45g (17.8%), Magnesium: 68.66mg (17.16%), Vitamin B5: 1.61mg (16.05%), Vitamin B1: 0.23mg (15.33%), Calcium: 112.02mg (11.2%), Folate: 43.4µg (10.85%), Zinc: 1.61mg (10.72%)