

 58%
HEALTH SCORE

Cioppino

 Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaves basil fresh shredded whole
- ☐ 0.5 teaspoon pepper black
- ☐ 28 ounces canned tomatoes whole drained chopped canned
- ☐ 1 cup chicken broth
- ☐ 1 cup bottled clam juice
- ☐ 18 small clams scrubbed (2-inch) ()
- ☐ 1 pound surimi crab sticks frozen thawed
- ☐ 1.5 cups wine dry red

- ☐ 3 tablespoons basil fresh finely chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 4 large garlic clove minced
- ☐ 1 bell pepper green cut into 1/4-inch dice
- ☐ 1 pound pacific halibut filets skinless red cut into 1 1/2-inch pieces
- ☐ 0.3 cup olive oil
- ☐ 2 medium onion finely chopped
- ☐ 1 teaspoon oregano dried crumbled
- ☐ 1 teaspoon pepper dried red hot
- ☐ 1.5 teaspoons salt
- ☐ 0.8 pound scallops
- ☐ 1 pound shells shelled deveined (16 to 20) (tails and bottom segment of shells left intact)
- ☐ 6 servings sourdough bread
- ☐ 2 tablespoons tomato paste
- ☐ 1 turkish bay leaf

Equipment

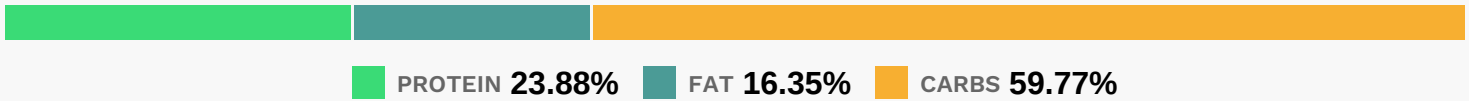
- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Cook garlic, onions, bay leaf, oregano, and red pepper flakes with salt and pepper in oil in an 8-quart heavy pot over moderate heat, stirring, until onions are softened, about 5 minutes. Stir in bell pepper and tomato paste and cook, stirring, 1 minute.
- ☐ Add wine and boil until reduced by about half, 5 to 6 minutes.

- ☐ Add tomatoes with their juice, clam juice, and broth and simmer, covered, 30 minutes. Season with salt and pepper.
- ☐ While stew is simmering, hack crab leg through shell into 2- to 3-inch pieces with a large heavy knife.
- ☐ Add crab pieces and clams to stew and simmer, covered, until clams just open, 5 to 10 minutes, checking every minute after 5 minutes and transferring opened clams to a bowl with tongs or a slotted spoon. (Discard any unopened clams after 10 minutes.) Lightly season fish fillets, shrimp, and scallops with salt and add to stew, then simmer, covered, until just cooked through, about 5 minutes. Discard bay leaf, then return clams to pot and gently stir in parsley and basil.
- ☐ Serve cioppino immediately in large soup bowls.
- ☐ · The stew — without seafood — can be made 1 day ahead. Cool, uncovered, then chill, covered. Bring to a simmer before adding seafood.

Nutrition Facts



Properties

Glycemic Index:93.08, Glycemic Load:52.46, Inflammation Score:-9, Nutrition Score:41.724348109701%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 804.23kcal (40.21%), Fat: 13.86g (21.32%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 114.02g (38.01%), Net Carbohydrates: 105.9g (38.51%), Sugar: 15.03g (16.7%), Cholesterol: 60.59mg (20.2%), Sodium: 1919.55mg (83.46%), Alcohol: 6.3g (100%), Alcohol %: 1.24% (100%), Protein: 45.55g (91.11%), Selenium: 117.89µg (168.41%), Manganese: 1.51mg (75.66%), Phosphorus: 701.44mg (70.14%), Vitamin B12: 3.81µg (63.49%), Vitamin B3: 12.12mg (60.6%), Vitamin K: 63.41µg (60.39%), Vitamin B6: 1.02mg (51.13%), Vitamin B1: 0.73mg (48.54%), Vitamin C:

39.46mg (47.82%), Copper: 0.85mg (42.55%), Folate: 154.47µg (38.62%), Potassium: 1339.35mg (38.27%), Iron: 6.59mg (36.62%), Magnesium: 141.31mg (35.33%), Fiber: 8.12g (32.5%), Vitamin B2: 0.49mg (28.86%), Zinc: 4.29mg (28.59%), Vitamin E: 4.24mg (28.29%), Vitamin D: 3.55µg (23.69%), Vitamin A: 942.84IU (18.86%), Vitamin B5: 1.5mg (15.02%), Calcium: 146.9mg (14.69%)