



Cioppino



Gluten Free



Dairy Free

READY IN



34 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce bottled clam juice
- ☐ 1 pound filets thick cut into 8 (2-inch) chunks ()
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3.5 cups fennel bulb thinly sliced (1 medium bulb)
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 pound littleneck clams

- ☐ 1 pound mussels scrubbed
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1.5 cups shallots thinly sliced (4 large)
- ☐ 5 thyme sprigs
- ☐ 29 ounce tomatoes unsalted diced undrained canned
- ☐ 1 cup wine

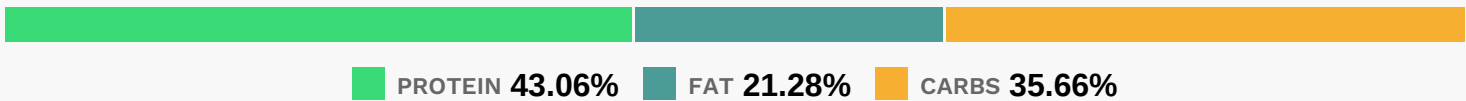
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add fennel and next 3 ingredients (through garlic); saut 5 minutes or until fennel is tender.
- ☐ Add wine; cook, uncovered, 2 minutes. Stir in oregano, red pepper, and tomatoes. Bring to a boil; cover, reduce heat, and simmer 10 minutes.
- ☐ Add clam juice; return to a simmer.
- ☐ Add fish; cover and cook 3 minutes.
- ☐ Add clams and mussels; cover and cook 5 minutes or until shellfish open, adding shrimp in last 3 minutes of cooking time. Discard any unopened shells.
- ☐ Remove from heat. Discard thyme sprigs, and ladle seafood evenly into 8 shallow bowls. Ladle broth evenly over seafood.
- ☐ Sprinkle evenly with parsley.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:28.919130252755%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 253.23kcal (12.66%), Fat: 5.56g (8.55%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 16.86g (6.13%), Sugar: 8.71g (9.68%), Cholesterol: 106.47mg (35.49%), Sodium: 718.64mg (31.25%), Alcohol: 3.09g (100%), Alcohol %: 0.97% (100%), Protein: 25.3g (50.61%), Vitamin B12: 5.58µg (93.08%), Vitamin K: 92.87µg (88.45%), Selenium: 52.29µg (74.7%), Manganese: 1.38mg (69.18%), Phosphorus: 405.48mg (40.55%), Vitamin C: 28.2mg (34.18%), Vitamin B6: 0.58mg (29.08%), Potassium: 972.15mg (27.78%), Iron: 4.02mg (22.34%), Vitamin B3: 3.92mg (19.58%), Magnesium: 77.4mg (19.35%), Vitamin E: 2.9mg (19.33%), Folate: 70.07µg (17.52%), Fiber: 4.1g (16.38%), Vitamin A: 780.22IU (15.6%), Copper: 0.31mg (15.44%), Calcium: 135.71mg (13.57%), Vitamin B1: 0.19mg (12.78%), Zinc: 1.84mg (12.25%), Vitamin B2: 0.2mg (12.02%), Vitamin B5: 0.82mg (8.2%), Vitamin D: 0.57µg (3.78%)