



Cioppino

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



8

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 8 servings bread country-style
- ☐ 28 canned tomatoes whole crushed peeled canned
- ☐ 8 ounce bottled clam juice
- ☐ 1 pound filets skinless cut into 1" pieces
- ☐ 1 pound shrimp frozen thawed deveined uncooked peeled
- ☐ 1.5 cups wine dry white
- ☐ 1 small fennel bulb finely chopped (or)

- ☐ 1 teaspoon fennel seeds
- ☐ 4 garlic clove coarsely chopped
- ☐ 8 servings pepper black freshly ground
- ☐ 1 pound mussels scrubbed
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 pound squid rings whole frozen thawed cleaned cut into 1/2" rings, tentacles left

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Toast fennel seeds in a small skillet over medium heat until fragrant, about 2 minutes. Finely grind in a spice mill; set aside.
- ☐ Heat oil in a large heavy pot over medium-high heat.
- ☐ Add onion, fennel, garlic, bay leaves, oregano, and red pepper flakes. Season with salt and pepper. Cover, and cook, stirring occasionally, until onion and fennel are soft, about 12 minutes.
- ☐ Stir in ground fennel seeds, tomatoes with juices, wine, clam juice, and 1 cup water. Cover, bring to a boil, reduce heat to medium-low, and cook, stirring often, until flavors meld, about 15 minutes. Stir in fish, mussels, and shrimp and bring to a simmer. Cover and cook for 2 minutes.
- ☐ Add squid, cover, and cook until mussels open and seafood is cooked through, about 5 minutes (discard mussels that do not open).
- ☐ Serve with bread.
- ☐ calories, 9 g fat, 11 g carbohydrate per serving
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:8.85, Inflammation Score:-10, Nutrition Score:67.874782614086%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg

Nutrients (% of daily need)

Calories: 601.01kcal (30.05%), Fat: 10.98g (16.89%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 82.82g (27.61%), Net Carbohydrates: 65.74g (23.91%), Sugar: 38.98g (43.31%), Cholesterol: 236.03mg (78.68%), Sodium: 2772.03mg (120.52%), Alcohol: 4.64g (100%), Alcohol %: 0.33% (100%), Protein: 45.22g (90.44%), Vitamin C: 145.87mg (176.81%), Manganese: 2.68mg (133.83%), Selenium: 84.1µg (120.14%), Copper: 2.3mg (114.9%), Vitamin B6: 2mg (100.01%), Potassium: 3489.88mg (99.71%), Iron: 17.47mg (97.06%), Vitamin B12: 5.36µg (89.35%), Vitamin E: 12.84mg (85.61%), Vitamin B3: 16.05mg (80.27%), Phosphorus: 779.44mg (77.94%), Vitamin B2: 1.23mg (72.35%), Fiber: 17.07g (68.3%), Vitamin K: 66.98µg (63.79%), Magnesium: 243.55mg (60.89%), Vitamin B1: 0.9mg (59.79%), Calcium: 581.02mg (58.1%), Folate: 182.59µg (45.65%), Vitamin A: 1999.68IU (39.99%), Zinc: 4.64mg (30.94%), Vitamin B5: 2.76mg (27.6%), Vitamin D: 0.57µg (3.78%)