



Cioppino



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



43.5 ounce tomatoes diced undrained canned



8 ounce bottled clam juice



2 pounds clams scrubbed (24)



0.3 teaspoon pepper red crushed



1 cup wine dry white



1.8 cups fennel bulb chopped (1 small)



4 garlic clove minced



1 cup bell pepper green chopped

- ☐ 8 ounces lump crab meat
- ☐ 1 pound mussels scrubbed (16)
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 teaspoon saffron threads
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tablespoon thyme leaves dried fresh chopped

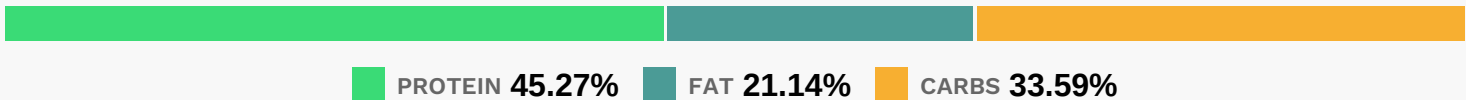
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and next 3 ingredients; saut 5 minutes or until crisp-tender.
- ☐ Add vinegar, saffron, and red pepper; cook 3 minutes or until vinegar evaporates.
- ☐ Add tomatoes and next 3 ingredients; bring to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Add clams; cover and cook 10 minutes or until shells open. Discard any unopened shells.
- ☐ Add mussels; cook 5 minutes or until shells open. Discard any unopened shells.
- ☐ Add shrimp and crabmeat; cook 4 minutes or until shrimp are done.
- ☐ carbo rating: 16

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:2.24, Inflammation Score:-9, Nutrition Score:24.454782734747%

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: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg 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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

Nutrients (% of daily need)

Calories: 236.88kcal (11.84%), Fat: 5.17g (7.95%), Saturated Fat: 0.8g (5%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 15.06g (5.48%), Sugar: 7.81g (8.67%), Cholesterol: 116.39mg (38.8%), Sodium: 735.21mg (31.97%), Alcohol: 3.09g (100%), Alcohol %: 0.91% (100%), Protein: 24.91g (49.82%), Vitamin B12: 7.95µg (132.53%), Manganese: 1.35mg (67.36%), Vitamin C: 42.18mg (51.12%), Selenium: 29.34µg (41.91%), Copper: 0.69mg (34.3%), Phosphorus: 340.61mg (34.06%), Potassium: 829mg (23.69%), Zinc: 3.44mg (22.92%), Iron: 4.02mg (22.33%), Magnesium: 79.4mg (19.85%), Vitamin K: 20.34µg (19.37%), Vitamin B6: 0.38mg (19.19%), Calcium: 143.47mg (14.35%), Folate: 55.44µg (13.86%), Vitamin E: 2.07mg (13.8%), Fiber: 3.42g (13.67%), Vitamin B2: 0.2mg (11.82%), Vitamin B3: 2.32mg (11.6%), Vitamin B1: 0.17mg (11.49%), Vitamin A: 482.21IU (9.64%), Vitamin B5: 0.61mg (6.13%)