



Cioppino



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup carrots sliced
- ☐ 1 cup carrots finely chopped
- ☐ 1.5 cups celery sliced
- ☐ 1 pound fish bones
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 4 garlic cloves minced

- ☐ 6 lemon wedges
- ☐ 1.3 pounds mussels scrubbed
- ☐ 1.5 teaspoons olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 onion peeled quartered
- ☐ 1.5 cups onion thinly sliced
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 bunch parsley
- ☐ 0.5 cup pinot noir chocolate brownies dry red
- ☐ 18 ounce snapper white red firm cut into 1-inch pieces
- ☐ 0.5 teaspoon saffron threads crushed
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 8 thyme sprigs
- ☐ 2 cups tomatoes peeled seeded chopped
- ☐ 2 tablespoons tomato paste
- ☐ 5 cups water

Equipment

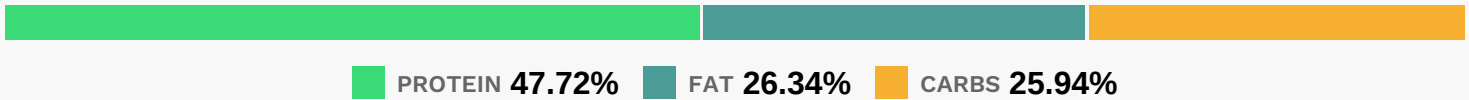
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ To prepare stock, heat 1 1/2 teaspoons oil in a large Dutch oven over medium-high heat.
- ☐ Add celery and next 4 ingredients (through quartered onion); saut 4 minutes.
- ☐ Add thyme, parsley, and bones.

- ☐ Pour 5 cups water over mixture; bring to a boil. Reduce heat, and simmer 30 minutes. Strain stock through a sieve into a bowl; discard solids.
- ☐ To prepare soup, wipe pan dry with a paper towel.
- ☐ Heat 2 tablespoons oil in pan over medium-high heat.
- ☐ Add 1 cup carrot, sliced onion, and 4 garlic cloves; saut 4 minutes. Stir in tomato and next 4 ingredients (through salt); cook 1 minute.
- ☐ Add wine; bring to a boil. Cook 8 minutes or until liquid almost evaporates. Stir in stock; bring to a boil. Stir in mussels and fish. Cover and cook over medium-high heat 4 minutes or until mussels open and fish flakes easily when tested with a fork or until desired degree of doneness; discard any unopened shells.
- ☐ Remove from heat; stir in 1/3 cup parsley, oregano, and 1 tablespoon thyme.
- ☐ Serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:109.88, Glycemic Load:5.1, Inflammation Score:-10, Nutrition Score:42.833043513091%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 28.45mg, Apigenin: 28.45mg, Apigenin: 28.45mg, Apigenin: 28.45mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 2.93mg, Isorhamnetin: 2.93mg, Isorhamnetin: 2.93mg, Isorhamnetin: 2.93mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg

Nutrients (% of daily need)

Calories: 347.1kcal (17.35%), Fat: 10.09g (15.52%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 16.84g (6.12%), Sugar: 8.46g (9.4%), Cholesterol: 93.82mg (31.27%), Sodium: 638.76mg (27.77%), Alcohol: 2.1g (100%), Alcohol %: 0.39% (100%), Protein: 41.12g (82.23%), Vitamin K: 242.08µg (230.56%),

Vitamin A: 7836.01IU (156.72%), Vitamin B12: 8.32µg (138.69%), Selenium: 90.2µg (128.85%), Manganese: 2.14mg (107.19%), Vitamin C: 51.51mg (62.44%), Phosphorus: 444.53mg (44.45%), Vitamin B3: 8.62mg (43.12%), Potassium: 1260.59mg (36.02%), Iron: 6.07mg (33.73%), Vitamin D: 4.98µg (33.2%), Vitamin B6: 0.62mg (31.02%), Folate: 119.78µg (29.94%), Magnesium: 103.12mg (25.78%), Fiber: 5.52g (22.08%), Vitamin E: 3.25mg (21.69%), Vitamin B2: 0.35mg (20.42%), Copper: 0.38mg (19.06%), Vitamin B1: 0.27mg (17.89%), Calcium: 162.73mg (16.27%), Vitamin B5: 1.49mg (14.93%), Zinc: 1.97mg (13.12%)