



WHATSheATE



Cioppino (San Francisco style fish stew)



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 oz canned tomatoes crushed canned
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cups wine dry white
- ☐ 1 lb fennel bulb chopped for garnish
- ☐ 4 garlic clove chopped
- ☐ 1 pound mussels rinsed
- ☐ 3 tablespoons olive oil
- ☐ 1.5 teaspoons oregano dried

- ☐ 3.5 cups onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 0.5 pound squid rings cleaned cut into 1/2-inch rings, optional
- ☐ 1 turkish bay leaf
- ☐ 2 cups bottled clam juice (or 1 cup water, one 8-oz bottle clam juice)
- ☐ 2 pounds frangelico cut in 2-inch chunks
- ☐ 2 pounds frangelico cut in 2-inch chunks

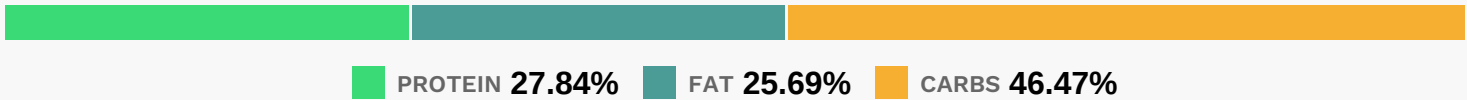
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a 5 1/2- to 6-quart wide, heavy pot over medium. Stir in onion and fennel; cook, stirring occasionally, until soft (11-12 minutes). Stir in garlic, bay leaf, oregano, and crushed red pepper; cook, stirring, until fragrant (2 minutes).
- ☐ Add wine, water or clam juice-water combo, and tomatoes. Bring to a simmer; cook, covered (20 minutes).
- ☐ Stir in mussels, pollock, and shrimp. Bring to a simmer over high heat, uncovered (2 minutes).
- ☐ Add squid, if using, cover pot, and cook till mussels open wide and seafood is opaque and just cooked through (about 5 minutes more). (Discard mussels that do not open.)
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:5.46, Inflammation Score:-8, Nutrition Score:24.617826047151%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg, Quercetin: 14.39mg

Nutrients (% of daily need)

Calories: 280kcal (14%), Fat: 7.06g (10.85%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 23.41g (8.51%), Sugar: 12.14g (13.48%), Cholesterol: 119.79mg (39.93%), Sodium: 584.46mg (25.41%), Alcohol: 6.18g (100%), Alcohol %: 1.79% (100%), Protein: 17.21g (34.41%), Manganese: 1.52mg (75.94%), Vitamin B12: 3.86µg (64.27%), Copper: 0.95mg (47.4%), Vitamin K: 47.06µg (44.82%), Selenium: 27.55µg (39.36%), Vitamin C: 28.2mg (34.18%), Phosphorus: 281.23mg (28.12%), Potassium: 973.33mg (27.81%), Fiber: 5.31g (21.23%), Iron: 3.8mg (21.14%), Vitamin E: 3.02mg (20.14%), Vitamin B6: 0.38mg (19.06%), Magnesium: 76.14mg (19.04%), Vitamin B2: 0.29mg (16.89%), Folate: 61.39µg (15.35%), Vitamin B3: 2.98mg (14.91%), Calcium: 131.8mg (13.18%), Zinc: 1.93mg (12.86%), Vitamin B1: 0.18mg (12.24%), Vitamin A: 478.81IU (9.58%), Vitamin B5: 0.87mg (8.69%)