



Cioppino-Style Seafood Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons bottled garlic minced
- 14.5 ounce canned tomatoes diced undrained canned
- 0.5 cup bottled clam juice
- 0.3 teaspoon pepper red crushed
- 0.3 cup parsley fresh chopped
- 1 pound mussels scrubbed
- 1.5 tablespoons olive oil
- 0.5 cup onion

- 8 ounces scallops
- 8 ounces shrimp deveined peeled

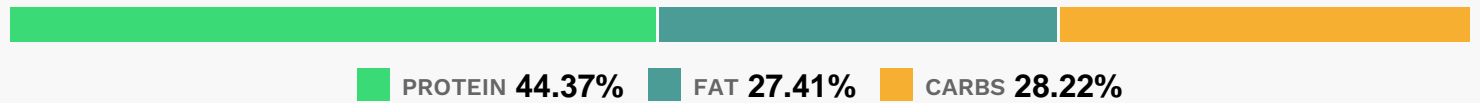
Equipment

- frying pan
- dutch oven

Directions

- Heat olive oil in a Dutch oven over medium-high heat.
- Add onion, garlic, and red pepper to pan; saut for 2 minutes.
- Add mussels, scallops, and shrimp to pan; saut for 1 minute. Stir in 1/2 cup clam juice, parsley, and diced tomatoes; bring to a boil. Cover, reduce heat, and simmer for 10 minutes or until mussels open, and discard any unopened shells.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:3.8, Inflammation Score:-7, Nutrition Score:27.374347748964%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 243.04kcal (12.15%), Fat: 7.54g (11.59%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 14.84g (5.4%), Sugar: 6.41g (7.12%), Cholesterol: 121.09mg (40.36%), Sodium: 703.22mg (30.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.89%), Vitamin B12: 7.75µg (129.14%), Manganese: 2.26mg (112.87%), Vitamin K: 70.41µg (67.06%), Selenium: 34.3µg (49%), Phosphorus: 472mg (47.2%), Vitamin C: 22.61mg (27.41%), Copper: 0.51mg (25.3%), Iron: 4.53mg (25.18%), Potassium: 838.4mg (23.95%), Magnesium: 78.54mg (19.64%), Zinc: 2.6mg (17.36%), Vitamin E: 2.47mg (16.48%), Vitamin B6: 0.3mg (14.79%), Folate: 58.68µg (14.67%), Vitamin A: 712.78IU (14.26%), Vitamin B3: 2.75mg (13.74%), Vitamin B1: 0.2mg (13.08%), Vitamin B2: 0.2mg

(11.72%), Calcium: 105.67mg (10.57%), Fiber: 2.62g (10.47%), Vitamin B5: 0.77mg (7.73%)