



Cioppino With Garlic Toasts

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 28 ounce canned tomatoes crushed undrained canned
- 8 ounce bottled clam juice
- 0.8 teaspoon pepper red crushed
- 1 cup cooking wine dry white
- 0.3 cup fennel bulb diced finely
- 0.3 cup basil fresh chopped
- 0.3 cup parsley fresh chopped

- 1 tablespoon thyme leaves fresh minced
- 3 tablespoons garlic minced
- 2 garlic cloves smashed
- 1.5 pounds pacific halibut filets skinless cut into 1 1/2-inch pieces
- 0.8 teaspoon kosher salt divided
- 18 littleneck clams
- 4 tablespoons olive oil extra-virgin divided
- 1 cup onion finely chopped
- 12 medium sea scallops
- 12 ounces shrimp deveined peeled
- 6 inch sourdough bread
- 2 tablespoons tomato paste
- 1 cup water

Equipment

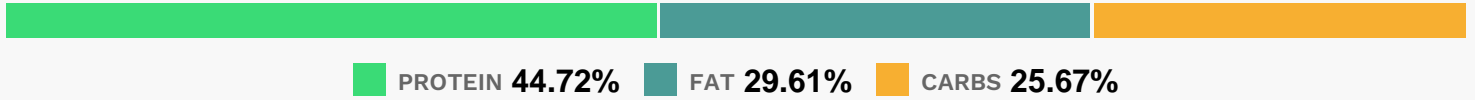
- bowl
- baking sheet
- ladle
- oven
- pot
- stove

Directions

- Heat 3 tablespoons oil in a large pot over medium heat.
- Add onion and fennel; saut 5 minutes or until tender.
- Add minced garlic, thyme, and red pepper; saut 1 minute. Stir in tomato paste; cook 1 minute.
- Add wine, cook on high 5 minutes or until reduced by half.
- Add tomatoes with juices, clam juice, water, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Boil; reduce heat to low, and simmer, partially covered, 10 minutes.

- Preheat oven to 30
- Raise heat on stove to medium; add clams. Cover; cook 58 minutes or until shells are just opened.
- Remove clams (discard unopened shells). Set aside; keep warm. Lower heat to simmer. Season halibut with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper; add to pot with basil. Cover; cook 2 minutes. Turn off heat, and stir in shrimp and scallops; cover.
- Let sit 68 minutes or until shrimp and scallops are just cooked. Return clams to pot; cover.
- Arrange bread on a baking sheet.
- Drizzle with remaining 12 tablespoons oil; bake 1215 minutes or until golden. Rub smashed garlic onto each slice.
- Ladle soup into 6 bowls; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:94.42, Glycemic Load:5.49, Inflammation Score:-9, Nutrition Score:29.769565333491%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 387.24kcal (19.36%), Fat: 12.02g (18.49%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 19.44g (7.07%), Sugar: 9.59g (10.66%), Cholesterol: 155.94mg (51.98%), Sodium: 938.92mg (40.82%), Alcohol: 4.12g (100%), Alcohol %: 1.02% (100%), Protein: 40.84g (81.68%), Selenium: 60.41µg (86.29%), Vitamin K: 61.58µg (58.65%), Phosphorus: 583.87mg (58.39%), Vitamin B6: 1.01mg (50.45%), Vitamin B3: 9.83mg (49.16%), Vitamin B12: 2.39µg (39.89%), Potassium: 1319.23mg (37.69%), Vitamin D: 5.33µg (35.53%), Vitamin C: 24.57mg (29.78%), Copper: 0.59mg (29.45%), Manganese: 0.56mg (27.94%), Vitamin E: 4.16mg (27.75%),

Magnesium: 98.47mg (24.62%), Iron: 3.51mg (19.48%), Vitamin A: 917.53IU (18.35%), Fiber: 4g (16%), Vitamin B1: 0.22mg (14.44%), Zinc: 2.15mg (14.35%), Folate: 54.41µg (13.6%), Calcium: 133.25mg (13.33%), Vitamin B5: 0.99mg (9.88%), Vitamin B2: 0.16mg (9.68%)