



Clams and Shrimp in Saffron Fennel Broth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 cups bottled clam juice
- ☐ 1 fennel bulb cut into 12 wedges
- ☐ 0.3 teaspoon fennel seeds crushed
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 24 littleneck clams
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons pernod (licorice-flavored liqueur)
- ☐ 0.8 pound potatoes red cut into 1/2-inch cubes
- ☐ 0.5 teaspoon saffron threads crushed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots finely chopped
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 2 tablespoons tomato paste

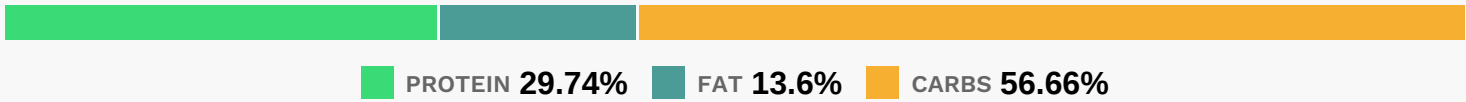
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add shallots, saffron, fennel seeds, and garlic to pan; cook 4 minutes or until tender.
- ☐ Add clam juice, Pernod, and tomato paste; bring to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Stir in tarragon, salt, pepper, potatoes, and fennel bulb; cover and cook 10 minutes.
- ☐ Add clams; cover and cook 10 minutes. Stir in shrimp. Cover and cook 2 minutes or until clams open and shrimp are done; discard any unopened shells.

Nutrition Facts



Properties

Glycemic Index:87.25, Glycemic Load:3.64, Inflammation Score:-7, Nutrition Score:18.500435041345%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 332.51kcal (16.63%), Fat: 4.87g (7.49%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 45.64g (15.21%), Net Carbohydrates: 40.17g (14.61%), Sugar: 12.59g (13.99%), Cholesterol: 140.71mg (46.9%), Sodium: 1010.05mg (43.92%), Alcohol: 2.84g (100%), Alcohol %: 0.76% (100%), Protein: 23.95g (47.9%), Vitamin K: 42.61µg (40.58%), Potassium: 1259.55mg (35.99%), Vitamin C: 28.7mg (34.79%), Phosphorus: 340.8mg (34.08%), Manganese: 0.62mg (31.18%), Copper: 0.62mg (30.94%), Vitamin B12: 1.48µg (24.62%), Vitamin B6: 0.46mg (23.13%), Fiber: 5.47g (21.88%), Magnesium: 86.33mg (21.58%), Iron: 3.2mg (17.77%), Folate: 61.81µg (15.45%), Calcium: 149.09mg (14.91%), Zinc: 2.01mg (13.38%), Vitamin A: 583.93IU (11.68%), Vitamin B3: 2.29mg (11.44%), Vitamin E: 1.49mg (9.94%), Vitamin B1: 0.14mg (9.66%), Selenium: 6.47µg (9.25%), Vitamin B2: 0.12mg (6.8%), Vitamin B5: 0.65mg (6.46%)