



Cod-and-Clam Avgolemono Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots cut into 1/4-inch dice
- ☐ 1.5 pounds filets cut into 1-inch pieces
- ☐ 1.5 teaspoons optional: dill dried
- ☐ 3 large eggs
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 3 tablespoons juice of lemon
- ☐ 16 littleneck clams scrubbed
- ☐ 1 onion chopped

- ☐ 1 cup peas frozen
- ☐ 0.3 cup rice
- ☐ 2 teaspoons salt
- ☐ 3 cups veggie broth low-sodium homemade canned
- ☐ 0.5 cup water

Equipment

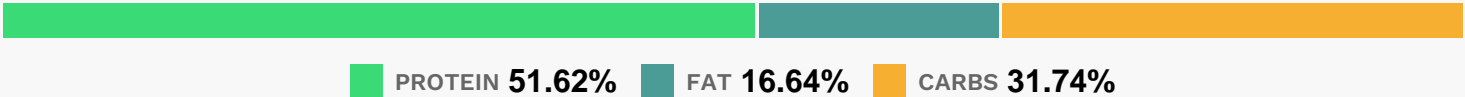
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large saucepan, combine the broth, onion, carrots, and dill. Bring to a boil and cook, partially covered, over moderately low heat for 5 minutes. Stir in the rice and continue cooking, partially covered, until the rice is just done, about 15 minutes.
- ☐ Discard any clams that are broken or do not clamp shut when tapped.
- ☐ Put the clams and water into a medium saucepan. Cover and bring to a boil over high heat. Cook, shaking the pot occasionally, just until the clams open, about 3 minutes.
- ☐ Remove the open clams and continue to cook, uncovering the saucepan as necessary to remove the clams as soon as their shells open. Discard any that do not open.
- ☐ Carefully pour the clam-cooking liquid into the rice mixture, leaving any grit in the bottom of the saucepan.
- ☐ Add the fish, peas, salt, and pepper; bring to a simmer. If necessary, add more of the chicken broth to just cover the fish. Simmer, uncovered, until the fish is just done, about 2 minutes.
- ☐ In a medium stainless-steel bowl, whisk together the eggs and lemon juice until frothy.
- ☐ Pour most of the hot liquid from the fish stew in a thin stream into the egg mixture, whisking.
- ☐ Pour the egg mixture back into the saucepan, stirring gently so as not to break up the fish. Gently stir in the clams in their shells.
- ☐ Wine Recommendation: The aggressive, grassy flavor and sprightly acidity found in most sauvignon blancs will work well with the assertive dill here. A Sancerre or other sauvignon-

blanc-based wine from elsewhere in France's Loire Valley is a good choice.

Nutrition Facts



Properties

Glycemic Index:59.59, Glycemic Load:10.45, Inflammation Score:-10, Nutrition Score:29.130435031393%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 341.52kcal (17.08%), Fat: 6.24g (9.61%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 23.09g (8.4%), Sugar: 5.34g (5.93%), Cholesterol: 215.16mg (71.72%), Sodium: 1392.77mg (60.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.57g (87.14%), Vitamin A: 5692.23IU (113.84%), Selenium: 73.55µg (105.08%), Phosphorus: 567.94mg (56.79%), Vitamin B12: 3.01µg (50.13%), Vitamin B3: 7.35mg (36.75%), Potassium: 1180.16mg (33.72%), Vitamin B6: 0.67mg (33.63%), Vitamin C: 24.58mg (29.79%), Vitamin B2: 0.42mg (24.82%), Manganese: 0.47mg (23.69%), Magnesium: 87.43mg (21.86%), Vitamin B1: 0.29mg (19.33%), Folate: 68.04µg (17.01%), Iron: 2.83mg (15.72%), Vitamin D: 2.28µg (15.21%), Copper: 0.3mg (15.12%), Zinc: 2.23mg (14.88%), Fiber: 3.7g (14.82%), Vitamin K: 13.65µg (13%), Vitamin E: 1.83mg (12.19%), Vitamin B5: 1.18mg (11.75%), Calcium: 97.87mg (9.79%)