



Creamy seafood stew

READY IN



30 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 2 celery stalks chopped
- ☐ 1 garlic clove crushed
- ☐ 175 ml white wine
- ☐ 300 ml chicken stock see
- ☐ 1 tbsp cornflour mixed with 1 tbsp cold water
- ☐ 1 small bunch optional: dill chopped
- ☐ 5 tbsp half-fat crème fraîche

- ☐ 4 servings garlic bread
- ☐ 400 g seafood mix frozen

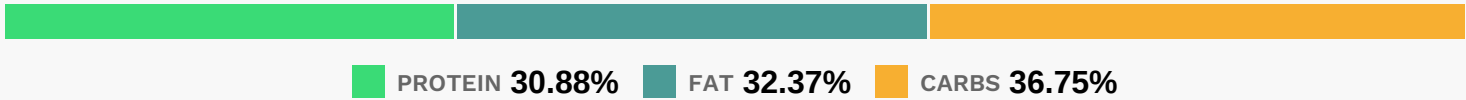
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large frying pan and cook the onion and celery until soft but not coloured, about 10 mins. Throw in the garlic and cook for 1 min more.
- ☐ Pour in the wine and simmer on a high heat until most has disappeared.
- ☐ Pour in the stock and cornflour mix and simmer for 5–10 mins, stirring often until thickened. Season, then add the seafood and most of the dill. Simmer for a few mins until piping hot, then stir in the crme frache.
- ☐ Meanwhile, cook the garlic bread following pack instructions. Divide the stew into warm bowls and scatter with the remaining dill.
- ☐ Serve with garlic bread for dipping into the stew.

Nutrition Facts



Properties

Glycemic Index:44.42, Glycemic Load:7.97, Inflammation Score:-4, Nutrition Score:6.9717390951903%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 302.27kcal (15.11%), Fat: 9.73g (14.97%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 24.85g (8.28%), Net Carbohydrates: 22.79g (8.29%), Sugar: 5.04g (5.6%), Cholesterol: 11.13mg (3.71%), Sodium: 1151.34mg (50.06%), Alcohol: 4.57g (100%), Alcohol %: 1.93% (100%), Protein: 20.89g (41.78%), Manganese: 0.44mg (22.08%), Selenium: 10.65µg (15.21%), Vitamin B3: 2.88mg (14.38%), Vitamin B1: 0.16mg (10.78%), Vitamin B2: 0.18mg (10.42%), Folate: 35.29µg (8.82%), Phosphorus: 86.08mg (8.61%), Fiber: 2.06g (8.23%), Iron: 1.42mg (7.88%), Vitamin B6: 0.15mg (7.5%), Calcium: 65.5mg (6.55%), Potassium: 219.92mg (6.28%), Magnesium: 23.82mg (5.95%), Copper: 0.1mg (5.1%), Vitamin K: 4.74µg (4.52%), Vitamin E: 0.65mg (4.32%), Zinc: 0.56mg (3.75%), Vitamin C: 2.89mg (3.5%), Vitamin B5: 0.34mg (3.44%), Vitamin A: 125.18IU (2.5%)