



 **93%**
HEALTH SCORE

Fresh Seafood Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



3

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds clams uncooked
- 6 cups water
- 0.3 cup vinegar white
- 1 cup onion chopped
- 1 cup chicken broth (from 32-ounce carton)
- 0.5 cup wine dry white
- 1 tablespoon tomato paste
- 2 tablespoons oregano dried fresh chopped

- 1 teaspoon fennel seeds
- 0.1 teaspoon saffron threads
- 0.1 teaspoon ground pepper red (cayenne)
- 2 cups tomatoes chopped
- 1 pound fish fillet red cut into 2-inch pieces
- 3 cups rice white cooked
- 2 tablespoons parsley fresh chopped
- 2 teaspoons lemon zest grated

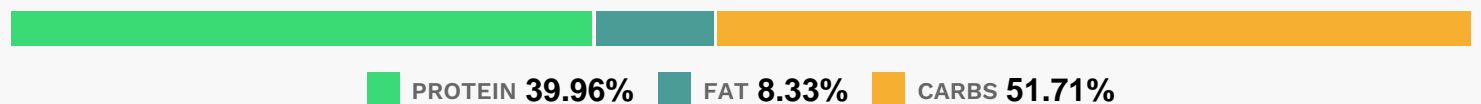
Equipment

- dutch oven

Directions

- Discard any broken-shell or open (dead) clams.
- Place remaining clams in large container. Cover with water and vinegar; let stand 30 minutes; drain. Scrub clams in cold water.
- Cook onion, broth, wine, tomato paste, oregano, fennel seed, saffron, red pepper and tomatoes in Dutch oven over medium heat about 10 minutes, stirring occasionally, until onion is tender.
- Stir in clams and fish. Cover and cook 5 minutes. Stir in rice. Cover and cook about 3 minutes, removing clams as they open, until all clams have opened. Discard any unopened clams. Return clams to stew.
- Mix parsley and lemon peel; sprinkle over stew.

Nutrition Facts



Properties

Glycemic Index:150, Glycemic Load:51.19, Inflammation Score:-10, Nutrition Score:34.585217558819%

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 Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg

Nutrients (% of daily need)

Calories: 508.25kcal (25.41%), Fat: 4.39g (6.75%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 61.27g (20.42%), Net Carbohydrates: 56.38g (20.5%), Sugar: 6.56g (7.29%), Cholesterol: 97.58mg (32.53%), Sodium: 487.4mg (21.19%), Alcohol: 4.12g (100%), Alcohol %: 0.45% (100%), Protein: 47.35g (94.7%), Vitamin B12: 10.09µg (168.22%), Selenium: 97.08µg (138.69%), Vitamin K: 75.61µg (72%), Manganese: 1.37mg (68.66%), Phosphorus: 525.03mg (52.5%), Vitamin B3: 8.04mg (40.22%), Vitamin D: 4.69µg (31.25%), Vitamin B6: 0.62mg (30.92%), Vitamin C: 24.27mg (29.42%), Potassium: 1025.6mg (29.3%), Vitamin A: 1433.13IU (28.66%), Magnesium: 114.25mg (28.56%), Iron: 4.51mg (25.05%), Copper: 0.48mg (24.09%), Folate: 82.72µg (20.68%), Fiber: 4.88g (19.53%), Vitamin E: 2.6mg (17.3%), Calcium: 171mg (17.1%), Vitamin B5: 1.69mg (16.85%), Vitamin B2: 0.26mg (15.36%), Zinc: 2.21mg (14.76%), Vitamin B1: 0.2mg (13.25%)