



WHATSheATE



HEALTH SCORE

93%

Fresh Seafood Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup wine dry white



1 cup chicken broth (from 32-ounce carton)



3 pounds clams uncooked



3 cups rice white cooked



1 teaspoon fennel seeds



2 tablespoons parsley fresh chopped



0.1 teaspoon ground pepper red (cayenne)



2 teaspoons lemon zest grated

- ☐ 1 cup onion chopped
- ☐ 2 tablespoons oregano dried fresh chopped
- ☐ 0.1 teaspoon saffron threads
- ☐ 1 tablespoon tomato paste
- ☐ 2 cups tomatoes chopped
- ☐ 6 cups water
- ☐ 0.3 cup vinegar white
- ☐ 1 pound fish fillet red cut into 2-inch pieces

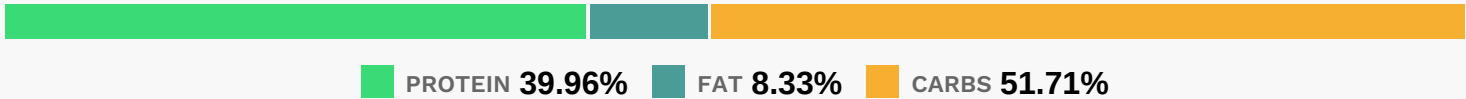
Equipment

- ☐ 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:450, Glycemic Load:153.58, Inflammation Score:-10, Nutrition Score:73.316521851913%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg Quercetin: 34.28mg, Quercetin: 34.28mg, Quercetin: 34.28mg, Quercetin: 34.28mg

Nutrients (% of daily need)

Calories: 1524.74kcal (76.24%), Fat: 13.17g (20.26%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 183.8g (61.27%), Net Carbohydrates: 169.15g (61.51%), Sugar: 19.67g (21.86%), Cholesterol: 292.73mg (97.58%), Sodium: 1462.21mg (63.57%), Alcohol: 12.36g (100%), Alcohol %: 0.45% (100%), Protein: 142.04g (284.09%), Vitamin B12: 30.28µg (504.65%), Selenium: 291.25µg (416.08%), Vitamin K: 226.82µg (216.01%), Manganese: 4.12mg (205.97%), Phosphorus: 1575.1mg (157.51%), Vitamin B3: 24.13mg (120.67%), Vitamin D: 14.06µg (93.74%), Vitamin B6: 1.86mg (92.76%), Vitamin C: 72.82mg (88.27%), Potassium: 3076.79mg (87.91%), Vitamin A: 4299.4IU (85.99%), Magnesium: 342.74mg (85.69%), Iron: 13.53mg (75.14%), Copper: 1.45mg (72.28%), Folate: 248.16µg (62.04%), Fiber: 14.65g (58.6%), Vitamin E: 7.79mg (51.9%), Calcium: 513.01mg (51.3%), Vitamin B5: 5.06mg (50.56%), Vitamin B2: 0.78mg (46.07%), Zinc: 6.64mg (44.29%), Vitamin B1: 0.6mg (39.74%)