

food
network



HEALTH SCORE

99%

Halibut and Cioppino with San Francisco Sourdough



Very Healthy

READY IN

**54 min.**

SERVINGS

**4**

CALORIES

**1847 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 28 oz canned tomatoes with juice reserved drained canned
- ☐ 2 ribs celery
- ☐ 1 pound chorizo dry aged chorizo
- ☐ 1 cup cooking wine dry red
- ☐ 4 pounds dungeness crabs fresh cut into 6 pieces
- ☐ 2 tablespoon flat-leaf parsley chopped

- ☐ 0.3 cup flour
- ☐ 0.3 bunch thyme leaves fresh
- ☐ 2 cloves garlic minced
- ☐ 2 garlic cloves
- ☐ 4 fillet halibut whole get one big piece of halibut, boned and skinned
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 optional: lemon cut in half, to serve with
- ☐ 16 littleneck clams scrubbed
- ☐ 2 cups chicken stock see low-sodium
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 large onion
- ☐ 0.3 bunch parsley italian chopped for garnish
- ☐ 16 large shrimp deveined uncooked peeled
- ☐ 1 loaf sourdough bread cut in slices but still connected at the base
- ☐ 0.5 stick butter unsalted room temperature

Equipment

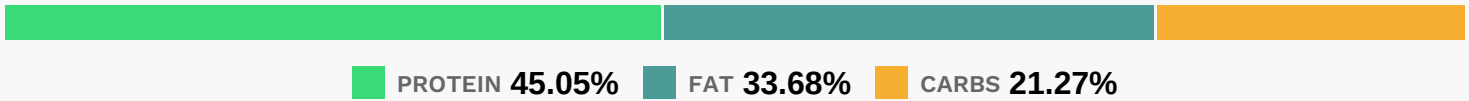
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine, garlic, butter, parsley, salt and pepper in a bowl and stir to combine. Smear the insides of the slices with garlic butter and toast the whole loaf in the oven for 10 minutes until crispy and fragrant. Reserve left over garlic butter to top the cioppino with.
- ☐ Place the chorizo in a food processor and process until the pieces are small and well ground up.

- ☐ Heat a dutch oven over medium heat and add the ground chorizo to cook until well colored and fat is rendered. Meanwhile add the garlic, celery, onion and drained tomatoes to the food processor and process until you have a smooth consistency of small vegetable pieces.
- ☐ Once the ground chorizo is cooked, pour a two-count of extra-virgin olive oil and add the vegetable puree, thyme and bay leaf and saute for a further 5 to 7 minutes. When the liquid has cooked off a little, dust with the flour and stir well – this forms the base of a roux.
- ☐ Add the red wine, reserved tomato juice, and chicken stock. Season lightly with salt and pepper and then cover and simmer for 1 hour.
- ☐ After 1 hour, turn the heat up and add the crabs and clams to the broth and steam until open, about 10 minutes. Reduce the heat and add the shrimp and fish fillets, gently mix to coat everything. Simmer gently until shrimp and fish are cooked then shut off the heat.
- ☐ Serve cioppino with sourdough toasts and top with a spoonful of reserved garlic butter, some fresh parsley and the lemon.

Nutrition Facts



Properties

Glycemic Index:146, Glycemic Load:55.44, Inflammation Score:-10, Nutrition Score:80.237391430399%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 12.58mg, Apigenin: 12.58mg, Apigenin: 12.58mg, Apigenin: 12.58mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 1847.36kcal (92.37%), Fat: 66.39g (102.14%), Saturated Fat: 22.12g (138.22%), Carbohydrates: 94.31g (31.44%), Net Carbohydrates: 85.81g (31.2%), Sugar: 16.76g (18.62%), Cholesterol: 621.7mg (207.23%), Sodium: 2850.59mg (123.94%), Alcohol: 6.3g (100%), Alcohol %: 0.49% (100%), Protein: 199.8g (399.61%), Vitamin B12:

46.85µg (780.78%), Selenium: 405.92µg (579.89%), Vitamin B3: 51.75mg (258.73%), Phosphorus: 2160.56mg (216.06%), Copper: 3.89mg (194.45%), Vitamin B6: 3.54mg (177.06%), Zinc: 23.37mg (155.83%), Vitamin D: 19.43µg (129.52%), Potassium: 4446.74mg (127.05%), Folate: 462.39µg (115.6%), Vitamin K: 118.34µg (112.7%), Magnesium: 399.71mg (99.93%), Vitamin B1: 1.48mg (98.98%), Vitamin B2: 1.59mg (93.64%), Manganese: 1.59mg (79.61%), Vitamin C: 60.58mg (73.43%), Iron: 13.18mg (73.22%), Vitamin E: 8.29mg (55.25%), Vitamin A: 2542.74IU (50.85%), Calcium: 436.29mg (43.63%), Vitamin B5: 4.29mg (42.92%), Fiber: 8.5g (34%)