



Herb-poached Seafood

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups chicken broth
- ☐ 0.5 cup basil leaves fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 3 rock lobster tails split per lb.
- ☐ 2 tablespoons parsley chopped
- ☐ 0.8 pound sea scallops rinsed cut in half large
- ☐ 2 tablespoons shallots minced

- ☐ 24 mussels in shells scrubbed for steaming, pull off beards
- ☐ 18 shrimp deveined peeled per lb., and
- ☐ 0.8 pound boned and skinned opakapaka cut into 1 1/2-inch chunks

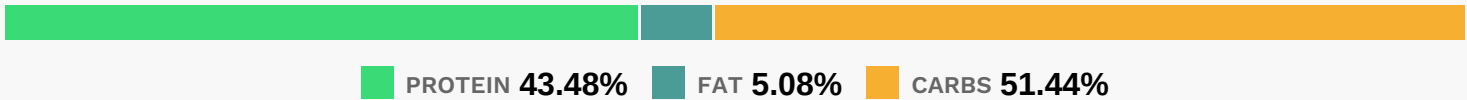
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slotted spoon

Directions

- ☐ Mix basil, cilantro, parsley, shallots, and garlic with fish, scallops, and shrimp. Set aside.
- ☐ Bring broth to a boil in a 5- to 6-quart pan over high heat.
- ☐ Add clams and lobster. Cover and simmer until clams open and lobster is barely opaque in thickest part (cut to test), 5 to 10 minutes. As clams open, lift them from the simmering broth with a slotted spoon and keep warm.
- ☐ After 10 minutes, add seasoned fish, scallops, and shrimp to simmering broth. Bring to a boil over high heat, then tightly cover pan and remove from heat.
- ☐ Let stand until shrimp, scallops, and fish are barely opaque in thickest part (cut to test), 3 to 5 minutes. Use in bouillabaisse or, with a slotted spoon, divide seafood equally among wide, shallow bowls. Over high heat, bring broth to boiling, then ladle into bowls.

Nutrition Facts



Properties

Glycemic Index:45.54, Glycemic Load:12.18, Inflammation Score:-4, Nutrition Score:13.177826176519%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.08mg, Quercetin:

0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 322.19kcal (16.11%), Fat: 1.81g (2.78%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 35.27g (12.83%), Sugar: 2.51g (2.79%), Cholesterol: 106.79mg (35.6%), Sodium: 1281.94mg (55.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.79g (69.59%), Selenium: 30.97µg (44.24%), Phosphorus: 326.2mg (32.62%), Copper: 0.62mg (30.92%), Vitamin K: 30.62µg (29.16%), Fiber: 5.88g (23.53%), Vitamin B12: 1.24µg (20.7%), Iron: 2.87mg (15.94%), Zinc: 2.31mg (15.37%), Manganese: 0.23mg (11.29%), Magnesium: 42.27mg (10.57%), Potassium: 337.05mg (9.63%), Vitamin B2: 0.16mg (9.31%), Calcium: 89.26mg (8.93%), Vitamin B3: 1.53mg (7.66%), Vitamin A: 345.79IU (6.92%), Vitamin B5: 0.64mg (6.42%), Vitamin B6: 0.1mg (5.11%), Vitamin B1: 0.07mg (4.54%), Folate: 17.57µg (4.39%), Vitamin C: 2.59mg (3.14%), Vitamin E: 0.4mg (2.7%)