



Italian Cioppino

 **Gluten Free**  **Dairy Free**

READY IN



85 min.

SERVINGS



8

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 oz bearnaise sauce mix
- 2 cups tomato purée organic (from 28-oz can)
- 28 oz canned tomatoes whole with basil, undrained organic peeled canned
- 3 tablespoons spring onion finely chopped
- 1 cup bell pepper diced green
- 1 teaspoon basil dried
- 0.3 teaspoon hot sauce red
- 2.5 cups wine dry white

- 2 lb clams uncooked scrubbed
- 1.5 lb shrimp deveined uncooked peeled

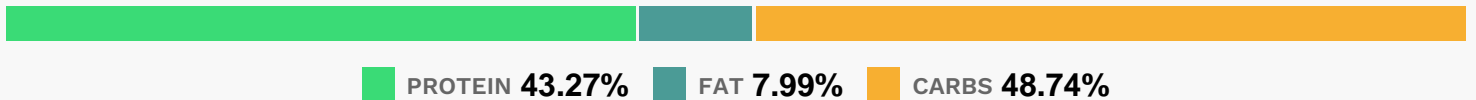
Equipment

- sauce pan
- pot

Directions

- In 3-quart saucepan, mix sauce mix, tomato puree and tomatoes, breaking up tomatoes. Stir in onions, bell pepper, basil and pepper sauce.
- Heat to boiling. Reduce heat; simmer uncovered 25 to 30 minutes or until bell pepper is tender. Stir in wine. Simmer 5 minutes longer.
- Discard any broken-shell or open (dead) clams. In large pot or kettle, arrange clams and prawns.
- Pour tomato mixture over shellfish. Cover; simmer about 30 minutes or until prawns are pink and firm. Discard any unopened clams.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:17.48869565518%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 199.63kcal (9.98%), Fat: 1.33g (2.05%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 15.6g (5.67%), Sugar: 8.74g (9.71%), Cholesterol: 112.26mg (37.42%), Sodium: 659.46mg (28.67%), Alcohol: 7.72g (100%), Alcohol %: 2.66% (100%), Protein: 16.21g (32.43%), Vitamin B12: 2.87µg (47.77%), Selenium: 31.03µg (44.33%), Vitamin C: 31.66mg (38.38%), Phosphorus: 304.66mg (30.47%), Copper: 0.44mg (22%), Vitamin E: 3.3mg (21.99%), Vitamin B6: 0.41mg (20.69%), Potassium: 673.54mg (19.24%), Manganese: 0.35mg (17.63%), Vitamin B3: 3.43mg (17.14%), Iron: 2.99mg (16.64%), Vitamin A: 746.74IU (14.93%), Magnesium: 58.63mg (14.66%), Vitamin K: 13.88µg (13.21%), Calcium: 108.15mg (10.82%), Fiber: 2.66g (10.64%), Zinc: 1.42mg (9.46%), Folate: 36.6µg (9.15%), Vitamin B2: 0.15mg (8.61%), Vitamin B5: 0.75mg (7.49%), Vitamin B1: 0.1mg (6.42%)