



# Italian Seafood Stew with Garlic-Herb Croutons

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 clams fresh
- 2 tablespoons vinegar white
- 12 mussels fresh
- 16 oz bottled clam juice
- 29 oz tomatoes diced undrained canned
- 30 oz tomato sauce canned
- 1 cup wine dry white

- 7 oz basil pesto refrigerated
- 1 lb filets cut into bite-size pieces
- 0.5 lb shrimp frozen thawed deveined uncooked peeled ( 16)
- 0.5 lb scallops frozen thawed uncooked ( 16)
- 3 tablespoons butter softened
- 16 slices bread french (1/)

## Equipment

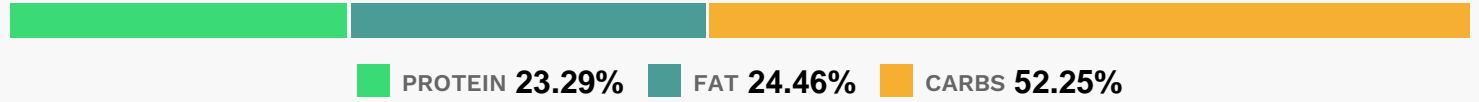
- bowl
- baking sheet
- oven
- knife
- kitchen towels
- dutch oven

## Directions

- Discard any broken-shell or open (dead) clams.
- Place remaining clams in large container. Cover with 1 1/2 cups water and the vinegar.
- Let stand 30 minutes; drain. Scrub clams in cold water.
- Meanwhile, discard any broken-shell or open (dead) mussels. Scrub remaining mussels in cold water, removing any barnacles with a dull paring knife. Pull beard by giving it a tug (using a kitchen towel may help). If you have trouble removing it, use a pliers to grip and pull gently.
- Place mussels in large container. Cover with cool water. Agitate water with hand, then drain and discard water. Repeat several times until water runs clear; drain.
- Heat oven to 350°F. In 4-quart Dutch oven, mix clam juice, tomatoes, tomato sauce, wine and 1/2 cup of the pesto.
- Layer cod, shrimp, scallops, mussels and clams in Dutch oven.
- Heat to boiling over medium-high heat; reduce heat. Cover and simmer 15 to 20 minutes or until mussel and clam shells have opened.
- Meanwhile, in small bowl, mix butter and remaining pesto until well blended.

- Spread on both sides of bread. On ungreased cookie sheet, place bread in single layer.
- Bake 10 to 15 minutes, turning once, until toasted on both sides.
- Discard any mussels or clams that don't open. Spoon stew into soup bowls; top with croutons.

## Nutrition Facts



### Properties

Glycemic Index:33.44, Glycemic Load:53.41, Inflammation Score:-9, Nutrition Score:34.52130419275%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

### Nutrients (% of daily need)

Calories: 680.81kcal (34.04%), Fat: 18.04g (27.75%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 86.68g (28.89%), Net Carbohydrates: 80.61g (29.31%), Sugar: 15.1g (16.78%), Cholesterol: 83.18mg (27.73%), Sodium: 2121.96mg (92.26%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 38.64g (77.27%), Selenium: 66.47µg (94.96%), Vitamin B1: 1.06mg (70.64%), Manganese: 1.36mg (68.03%), Phosphorus: 496.44mg (49.64%), Folate: 193.92µg (48.48%), Vitamin B3: 9.7mg (48.48%), Iron: 8.34mg (46.32%), Vitamin B12: 2.76µg (46.04%), Vitamin B2: 0.75mg (44.32%), Potassium: 1140.5mg (32.59%), Vitamin B6: 0.57mg (28.57%), Magnesium: 113.31mg (28.33%), Vitamin A: 1405.49IU (28.11%), Copper: 0.55mg (27.6%), Vitamin C: 21.39mg (25.93%), Fiber: 6.06g (24.25%), Vitamin E: 3.18mg (21.17%), Calcium: 195.62mg (19.56%), Zinc: 2.9mg (19.3%), Vitamin B5: 1.16mg (11.56%), Vitamin K: 7.05µg (6.71%), Vitamin D: 0.51µg (3.4%)