



Orange-Fennel Cioppino

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bay scallops
- 56 oz tomatoes diced canned
- 2 cups bottled clam juice
- 12 clams in shells scrubbed for steaming,
- 2 bay leaves dried
- 2 cups cooking wine dry white
- 3 cups fat-skimmed chicken broth
- 1 head fennel bulb with feathery green tops ()

- 1 tablespoon thyme leaves dried fresh minced
- 3 cloves garlic minced
- 1 pound leeks
- 3 rock lobster tails frozen thawed ()
- 12 mussels scrubbed (3 in. each)
- 2 tablespoons olive oil
- 1 tablespoon orange peel grated
- 1 pound boned cut into 6 equal pieces

Equipment

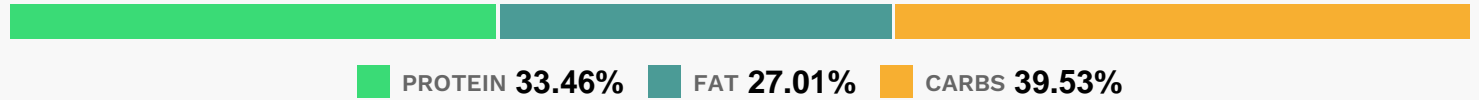
- bowl
- frying pan
- ladle
- knife
- kitchen scissors

Directions

- Trim off feathery fennel tops; rinse, drain, wrap airtight, and chill. Trim off and discard base of fennel head, any bruises, and tough stalks. Rinse and thinly slice fennel head.
- Trim tough tops and roots from leeks; pull off coarse outer layers.
- Cut tender sections of leeks in half lengthwise, rinse well, and thinly slice.
- In an 8- to 10-quart pan, combine fennel, leeks, garlic, and oil. Stir often over medium-high heat until vegetables are lightly browned, 8 to 10 minutes.
- Add tomatoes with juice, broth, clam juice, wine, bay leaves, thyme, orange peel, and saffron. Cover and bring to a boil over high heat.
- Meanwhile, with scissors, cut fins and sharp spines from lobster tails. Also cut through top shells lengthwise down the center. Set each tail, underside down, on a board. With a heavy knife, slice tails in half lengthwise through cuts in shells. Rinse lobster tails, halibut, shrimp, and scallops.

- Add lobster, halibut, and shrimp to tomato mixture. Discard any clams or mussels that do not close when shells are tapped.
- Add clams and mussels to pan; cover and cook 5 minutes.
- Add scallops. Cover and simmer until mussels and clams pop open, 3 to 5 more minutes.
- Transfer cioppino to a tureen or ladle into wide bowls.
- Garnish with green fennel tops.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:42.589130650396%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 433.88kcal (21.69%), Fat: 11.55g (17.77%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 32.21g (11.71%), Sugar: 14.34g (15.94%), Cholesterol: 104.98mg (34.99%), Sodium: 1560.23mg (67.84%), Alcohol: 8.24g (100%), Alcohol %: 1.27% (100%), Protein: 32.21g (64.42%), Selenium: 81.36µg (116.23%), Vitamin B12: 4.9µg (81.62%), Manganese: 1.41mg (70.6%), Vitamin D: 10.51µg (70.05%), Vitamin K: 70.95µg (67.57%), Vitamin C: 47.32mg (57.36%), Vitamin B6: 1.1mg (54.84%), Phosphorus: 546.01mg (54.6%), Vitamin B3: 10.29mg (51.45%), Potassium: 1482.41mg (42.35%), Copper: 0.84mg (42.06%), Vitamin A: 1933.23IU (38.66%), Vitamin E: 5.4mg (36.03%), Iron: 6.44mg (35.75%), Magnesium: 121.09mg (30.27%), Folate: 107.04µg (26.76%), Fiber: 5.84g (23.36%), Calcium: 211.67mg (21.17%), Zinc: 3.01mg (20.04%), Vitamin B1: 0.29mg (19.6%), Vitamin B2: 0.32mg (18.84%), Vitamin B5: 1.66mg (16.57%)