



Oyster-and-Scallop Stew

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baking potato cubed peeled () (8 ounces)
- 0.1 teaspoon pepper black
- 0.3 cup celery diced
- 1 cup whole-kernel corn frozen thawed
- 0.8 cup green onions thinly sliced
- 1 jalapeno seeded finely chopped
- 1 cup milk 2% reduced-fat
- 2 pound standard oysters undrained

- 0.3 teaspoon salt
- 1 pound sea scallops quartered
- 2 teaspoons stick margarine
- 0.5 cup tomatoes diced peeled seeded

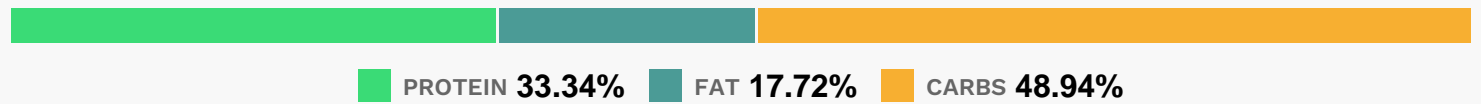
Equipment

- dutch oven

Directions

- Melt butter in a large Dutch oven over medium heat.
- Add potato, onions, celery, and jalapeo; cover and cook 2 minutes. Increase heat to medium-high; add oysters and scallops, and cook 5 minutes, stirring frequently. Stir in corn, milk, and tomato; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until potato is tender.
- Sprinkle with salt and black pepper.
- Note: Bay scallops can be substituted for the quartered sea scallops, if desired.

Nutrition Facts



Properties

Glycemic Index:35.46, Glycemic Load:7.35, Inflammation Score:-5, Nutrition Score:15.089565111243%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 158.13kcal (7.91%), Fat: 3.17g (4.88%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 17.84g (6.49%), Sugar: 4.55g (5.05%), Cholesterol: 27.34mg (9.11%), Sodium: 533.77mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.88%), Zinc: 7.14mg (47.6%), Vitamin B12: 2.6µg (43.32%), Phosphorus: 354.25mg (35.42%), Vitamin K: 29.73µg (28.31%), Copper: 0.54mg (27.03%), Selenium: 14.13µg (20.19%), Potassium: 571.95mg (16.34%), Vitamin B6: 0.3mg (15.07%), Vitamin C: 10.52mg (12.75%), Folate:

44.51µg (11.13%), Magnesium: 44.52mg (11.13%), Manganese: 0.22mg (11.09%), Iron: 1.9mg (10.54%), Vitamin B2: 0.17mg (9.71%), Vitamin B3: 1.75mg (8.78%), Calcium: 86.44mg (8.64%), Fiber: 1.89g (7.55%), Vitamin B5: 0.64mg (6.4%), Vitamin A: 319.21IU (6.38%), Vitamin B1: 0.09mg (6.18%), Vitamin E: 0.52mg (3.5%)