






 **53%**  
HEALTH SCORE

# Portuguese Fish Stew

 Dairy Free

READY IN  
  
**45 min.**

SERVINGS  
  
**6**

CALORIES  
  
**785 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 2 bay leaves
- 1 large loaf portuguese bread
- 3 quarts chicken broth
- 1 pound chorizo sausage sliced in chunks
- 0.3 cup flat-leaf parsley coarsely chopped
- 1 handful flat-leaf parsley fresh coarsely chopped
- 4 garlic cloves coarsely chopped
- 4 garlic cloves finely chopped

- 1 pound kale chopped
- 6 servings kosher salt and pepper black freshly ground
- 24 littleneck clams scrubbed
- 0.3 cup olive oil extra-virgin plus more for serving
- 0.5 cup olive oil extra-virgin
- 2 medium onions chopped
- 1 handful oregano fresh
- 4 oregano sprigs fresh
- 0.5 pound bass fillets
- 6 servings sea salt and pepper black freshly ground
- 4 thyme sprigs fresh
- 5 sprigs thyme sprigs fresh
- 2 pounds yukon gold potatoes sliced

## Equipment

- bowl
- ladle
- oven
- pot
- wooden spoon
- grill
- aluminum foil

## Directions

- Heat the oil in a heavy 4 to 6-quart pot over medium flame.
- Add the onions, garlic, and sausage; cook, stirring with wooden spoon, until the sausage renders out some of its fat and the onions are soft. Toss in the herbs and then the potatoes, stir that around for a minute to coat in the oil.
- Pour in the chicken broth and bring up to a simmer.

- Add the kale, season with salt and pepper. Cover and simmer for 10 minutes until the potatoes are nearly tender.
- Uncover the pot and add the clams; simmer, covered, for 15 minutes until the clams open.
- Add the fish and continue to cook for another 3 to 5 minutes until the fish is cooked.
- Garnish with chopped parsley and drizzle with olive oil. Ladle the stew into shallow bowls and serve with Rustic Garlic Bread for dunking.
- Combine the garlic and herbs in a bowl.
- Pour in the oil, season with salt and pepper.
- Mix the ingredients together with a spoon.
- Cut a slit down the middle of the loaf of bread, pour the garlic oil into the pocket, pressing with the back of a spoon to get the flavors into the bread. Wrap the bread in aluminum foil. Roast the garlic bread on a grill or bake in a preheated 350 degree F oven for 5 minutes until the outside is nice and crusty. Hand tear into pieces for serving.

## Nutrition Facts



**PROTEIN 18.26%** **FAT 35.25%** **CARBS 46.49%**

## Properties

Glycemic Index:86.07, Glycemic Load:49.68, Inflammation Score:-10, Nutrition Score:48.370000175808%

## Flavonoids

Apigenin: 6.89mg, Apigenin: 6.89mg, Apigenin: 6.89mg, Apigenin: 6.89mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 19.68mg, Isorhamnetin: 19.68mg, Isorhamnetin: 19.68mg, Isorhamnetin: 19.68mg Kaempferol: 36.89mg, Kaempferol: 36.89mg, Kaempferol: 36.89mg, Kaempferol: 36.89mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 25.65mg, Quercetin: 25.65mg, Quercetin: 25.65mg

## Nutrients (% of daily need)

Calories: 785.08kcal (39.25%), Fat: 31.01g (47.7%), Saturated Fat: 9.11g (56.95%), Carbohydrates: 92.01g (30.67%), Net Carbohydrates: 79.62g (28.95%), Sugar: 11.97g (13.3%), Cholesterol: 95.56mg (31.85%), Sodium: 2376.8mg (103.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.14g (72.29%), Vitamin K: 368.52µg (350.97%), Vitamin A: 8363.69IU (167.27%), Vitamin C: 124.94mg (151.45%), Manganese: 2.53mg (126.29%), Selenium: 52.84µg (75.48%), Vitamin B1: 0.84mg (56.04%), Vitamin B3: 10.86mg (54.31%), Vitamin B2: 0.92mg (54.09%), Iron: 9.09mg (50.51%), Fiber: 12.39g (49.58%), Folate: 185.86µg (46.47%), Vitamin B6: 0.91mg (45.44%), Calcium: 435.66mg (43.57%), Vitamin B12: 2.49µg (41.46%), Phosphorus: 406.13mg (40.61%), Potassium: 1354.94mg (38.71%), Magnesium: 138.92mg (34.73%), Copper: 0.51mg (25.28%), Vitamin E: 2.98mg (19.86%), Vitamin B5: 1.88mg

(18.82%), Zinc: 2.63mg (17.55%)