



Provençale Shellfish Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 celery stalk quartered
- ☐ 16 ounce bottled clam juice
- ☐ 12 small clams scrubbed
- ☐ 2 teaspoons basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup parsley fresh chopped

- ☐ 2 garlic cloves peeled
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion peeled quartered
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 teaspoon saffron threads
- ☐ 1 pound shrimp deveined peeled

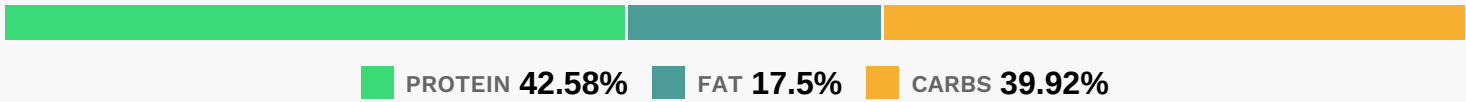
Equipment

- ☐ food processor
- ☐ dutch oven

Directions

- ☐ Place onion, celery, and garlic cloves in a food processor, and pulse to chop.
- ☐ Heat the oil in a Dutch oven over medium-high heat; add chopped vegetables.
- ☐ Saute 5 minutes; stir in clam juice and tomatoes. Bring to a boil; add thyme, pepper, and saffron. Reduce heat to medium; cook 10 minutes.
- ☐ Add shrimp and mussels; cook 3 minutes or until shrimp are done and mussels open. Discard any unopened mussels.
- ☐ Remove from heat; stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:2.66, Inflammation Score:-6, Nutrition Score:13.79782608281%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.04mg,

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Nutrients (% of daily need)

Calories: 168.1kcal (8.4%), Fat: 3.38g (5.2%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 15.07g (5.48%), Sugar: 7.21g (8.01%), Cholesterol: 124.57mg (41.52%), Sodium: 486.57mg (21.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.02%), Vitamin K: 53.76µg (51.2%), Manganese: 0.63mg (31.47%), Vitamin C: 21.58mg (26.16%), Copper: 0.48mg (24.07%), Phosphorus: 223.75mg (22.38%), Vitamin B12: 1.25µg (20.78%), Potassium: 579.73mg (16.56%), Magnesium: 54.88mg (13.72%), Iron: 2.47mg (13.71%), Vitamin A: 518.96IU (10.38%), Zinc: 1.53mg (10.19%), Calcium: 101.6mg (10.16%), Vitamin B6: 0.2mg (10.06%), Vitamin E: 1.41mg (9.37%), Fiber: 2.28g (9.14%), Selenium: 5.56µg (7.94%), Folate: 31.29µg (7.82%), Vitamin B1: 0.11mg (7.13%), Vitamin B3: 1.3mg (6.52%), Vitamin B2: 0.08mg (4.88%), Vitamin B5: 0.37mg (3.71%)