



Puerto Rican Seafood Soup: Asopao de Mariscos

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 cup tomato sauce canned
- 4 cups bottled clam juice
- 1 bell pepper green cut into large dice, plus 1 pepper, cut into small dice
- 24 little neck clams
- 3 pound lobsters sliced into pieces, and claws cracked
- 24 mussels

- 6 servings olive oil for sauteing
- 2 cups rice
- 1 pinch saffron threads
- 8 ounces sea scallops cleaned
- 8 ounces shrimp cleaned peeled
- 4 cups water
- 1 onion white cut into large dice, plus 1 onion, cut into small dice
- 1 cup white wine
- 0.5 bunch culantro finely chopped (not cilantro)

Equipment

- frying pan
- pot

Directions

- In a large stockpot, add enough olive oil to coat the bottom the pan thinly and saute the large diced white onion and large diced green pepper until translucent.
- Add lobster heads and shrimp shells. Cook until color starts changing and starts to look red.
- Add tomato sauce, white wine, and bay leaf.
- Add clam juice and water. Cook for at least 2 hours, then strain.
- In a medium size stockpot, saute the small diced onion, and small diced pepper until translucent.
- Add rice, clams, mussels, bay leaf, and a pinch of saffron.
- Add all strained seafood stock and cook until rice is soft, approximately 20 minutes.
- Add shrimp, scallops, and lobster. Cook for approximately 8 minutes.
- Add culantro and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:63.2, Glycemic Load:43, Inflammation Score:-8, Nutrition Score:32.249565083048%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 729.19kcal (36.46%), Fat: 16.95g (26.07%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 103.39g (34.46%), Net Carbohydrates: 99.46g (36.17%), Sugar: 9.4g (10.45%), Cholesterol: 101.38mg (33.79%), Sodium: 1296.53mg (56.37%), Alcohol: 4.12g (100%), Alcohol %: 0.76% (100%), Protein: 31.35g (62.69%), Selenium: 96.63µg (138.05%), Manganese: 2.37mg (118.59%), Vitamin B12: 6.24µg (104%), Copper: 1.29mg (64.34%), Phosphorus: 497mg (49.7%), Vitamin C: 30.85mg (37.4%), Zinc: 4.7mg (31.31%), Magnesium: 104.21mg (26.05%), Vitamin E: 3.77mg (25.13%), Vitamin B6: 0.49mg (24.48%), Potassium: 823.39mg (23.53%), Vitamin B5: 2.29mg (22.86%), Vitamin B3: 4.39mg (21.97%), Iron: 3.66mg (20.33%), Fiber: 3.93g (15.71%), Folate: 60.88µg (15.22%), Vitamin B1: 0.21mg (14.08%), Vitamin K: 13.49µg (12.85%), Calcium: 126.18mg (12.62%), Vitamin A: 612.73IU (12.25%), Vitamin B2: 0.2mg (11.91%)