



Quick Seafood Cioppino



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 8 ounce bottled clam juice
- ☐ 4 garlic clove minced
- ☐ 1 teaspoon seasoning dried italian
- ☐ 12 littleneck clams
- ☐ 4 ounces mushrooms sliced

- ☐ 1 pound mussels
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 pound seafood mixed boneless white such as shrimp, scallops, firm fish

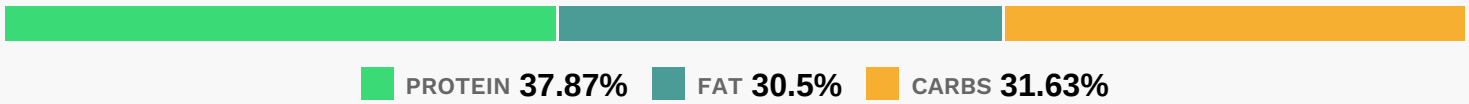
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a soup pot or Dutch oven over medium-high heat.
- ☐ Add garlic and next 5 ingredients. Saut 3 minutes. Stir in tomato sauce and clam juice. Bring mixture to a boil.
- ☐ Add clams, and cook 3 minutes. Stir in remaining seafood, and simmer 5 minutes or until cooked. Discard any clams or mussels that do not open.
- ☐ Wine note: Try Robert Mondavi Private Selection Fum Blanc. In the mood for red? Choose Ravenswood Lodi Zinfandel.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:4.71, Inflammation Score:-7, Nutrition Score:24.760869477106%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 295.65kcal (14.78%), Fat: 10.35g (15.92%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 19.98g (7.27%), Sugar: 9.16g (10.18%), Cholesterol: 18.08mg (6.03%), Sodium: 1805.49mg (78.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.82%), Vitamin B12: 7.68µg (128%), Manganese: 2.35mg (117.36%), Selenium: 32.16µg (45.95%), Vitamin C: 22.43mg (27.19%), Iron: 4.82mg (26.8%),

Vitamin E: 3.73mg (24.84%), Potassium: 823.02mg (23.51%), Copper: 0.43mg (21.69%), Phosphorus: 211.49mg (21.15%), Vitamin B2: 0.34mg (20.21%), Vitamin B3: 3.99mg (19.97%), Vitamin B6: 0.35mg (17.57%), Fiber: 4.16g (16.64%), Vitamin B1: 0.23mg (15.11%), Vitamin A: 745.95IU (14.92%), Magnesium: 57.99mg (14.5%), Vitamin K: 14.95µg (14.24%), Folate: 53.79µg (13.45%), Vitamin B5: 1.26mg (12.57%), Zinc: 1.61mg (10.75%), Calcium: 80.62mg (8.06%)