



Quick Seafood Stew

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 4 ounce bread french cut
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 0.5 cup bottled clam juice
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove halved

- ☐ 4 garlic clove thinly sliced
- ☐ 0.1 teaspoon kosher salt
- ☐ 1.5 cups leek thinly sliced
- ☐ 24 medium mussels scrubbed
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 10 ounces potatoes – remove skin red quartered
- ☐ 0.8 pound bass fillets
- ☐ 2 thyme sprigs
- ☐ 1 cup water

Equipment

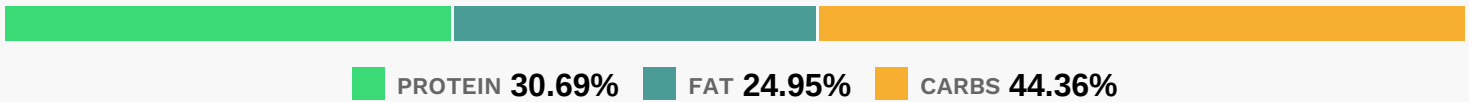
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Place potatoes in a saucepan.
- ☐ Add water to cover potatoes; bring to a boil. Reduce heat to medium. Simmer 10 minutes; drain potatoes. Set aside.
- ☐ Preheat broiler to high.
- ☐ Heat a large Dutch oven over high heat.
- ☐ Add oil to pan; swirl.
- ☐ Add fish, skin side down; cook 2 minutes or until skin is crisp.
- ☐ Remove from pan; break into 2-inch pieces.
- ☐ Reduce heat to medium-high.
- ☐ Add leek and sliced garlic; saut 5 minutes or until lightly browned, stirring occasionally.
- ☐ Add wine; bring to a boil, scraping pan to loosen browned bits.

- ☐ Add 1 cup water and next 6 ingredients (though bay leaf); bring to a boil.
- ☐ Add potatoes, fish, and mussels; cover and cook 4 minutes or until shells open and fish is done. Discard any unopened shells, thyme, and bay leaf.
- ☐ Sprinkle with parsley.
- ☐ Arrange bread in a single layer on a baking sheet. Broil 1 1/2 minutes or until toasted. Rub bread generously with cut side of garlic.
- ☐ Serve with stew.

Nutrition Facts



Properties

Glycemic Index:78.63, Glycemic Load:14.08, Inflammation Score:-9, Nutrition Score:31.381304326265%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 386.08kcal (19.3%), Fat: 10.07g (15.5%), Saturated Fat: 1.76g (11%), Carbohydrates: 40.3g (13.43%), Net Carbohydrates: 37.44g (13.62%), Sugar: 5.81g (6.46%), Cholesterol: 83.55mg (27.85%), Sodium: 664.8mg (28.9%), Alcohol: 3.09g (100%), Alcohol %: 0.86% (100%), Protein: 27.88g (55.76%), Vitamin B12: 9.13µg (152.22%), Manganese: 2.21mg (110.6%), Selenium: 63.83µg (91.18%), Vitamin K: 54.52µg (51.92%), Phosphorus: 382.59mg (38.26%), Vitamin B1: 0.48mg (32.06%), Vitamin B6: 0.63mg (31.68%), Iron: 5.59mg (31.03%), Vitamin B3: 6.02mg (30.12%), Potassium: 934.97mg (26.71%), Folate: 106.36µg (26.59%), Vitamin C: 20.26mg (24.56%), Magnesium: 95.29mg (23.82%), Vitamin B2: 0.35mg (20.67%), Vitamin A: 1030.31IU (20.61%), Copper: 0.32mg (16.09%), Vitamin B5: 1.29mg (12.94%), Zinc: 1.93mg (12.85%), Fiber: 2.86g (11.42%), Vitamin E: 1.56mg (10.42%), Calcium: 88.35mg (8.84%)