



San Francisco Cioppino

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups onion chopped
- ☐ 6 cloves garlic finely chopped
- ☐ 1 cup parsley fresh chopped
- ☐ 28 oz canned tomatoes whole undrained canned
- ☐ 14.5 oz canned tomatoes undrained canned
- ☐ 8 oz tomato sauce canned
- ☐ 0.8 cup wine dry white

- ☐ 2 teaspoons basil dried
- ☐ 0.3 teaspoon pepper
- ☐ 12 small clams washed
- ☐ 1 lb pacific halibut filets fresh cut into 1 1/2-inch pieces
- ☐ 1 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 6 oz crabmeat cooked chopped
- ☐ 1 slices bread french

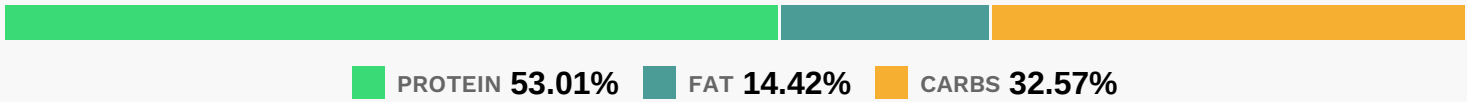
Equipment

- ☐ dutch oven

Directions

- ☐ In 5-quart Dutch oven, heat oil over medium-high heat. Cook onions, garlic and parsley in oil 3 to 5 minutes, stirring occasionally, until onions are crisp-tender.
- ☐ Stir in whole and stewed tomatoes, tomato sauce, wine, basil and pepper, breaking up tomatoes with a fork.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered 10 minutes, stirring occasionally.
- ☐ Return to boiling. Stir in clams and halibut; cover and simmer over medium heat 4 to 6 minutes or until clam shells open and fish flakes easily with a fork. Stir in shrimp; cover and simmer until shrimp are pink and firm.
- ☐ Stir in crabmeat. Simmer uncovered about 5 minutes or until thoroughly heated.
- ☐ Serve with bread to dip into broth.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:7.67, Inflammation Score:-9, Nutrition Score:33.011304523634%

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: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 311.1kcal (15.55%), Fat: 4.78g (7.35%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 19.63g (7.14%), Sugar: 10.11g (11.23%), Cholesterol: 187.07mg (62.36%), Sodium: 834.97mg (36.3%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 39.52g (79.05%), Vitamin K: 183.04µg (174.33%), Selenium: 51.96µg (74.23%), Phosphorus: 508.78mg (50.88%), Vitamin C: 39.39mg (47.74%), Vitamin B6: 0.87mg (43.54%), Copper: 0.87mg (43.51%), Vitamin B3: 8.63mg (43.13%), Potassium: 1334.31mg (38.12%), Vitamin B12: 2.08µg (34.68%), Manganese: 0.58mg (28.81%), Vitamin A: 1371.48IU (27.43%), Magnesium: 107.17mg (26.79%), Iron: 4.8mg (26.65%), Vitamin E: 3.63mg (24.21%), Vitamin D: 3.55µg (23.69%), Zinc: 3.21mg (21.43%), Folate: 83.91µg (20.98%), Calcium: 194.64mg (19.46%), Fiber: 4.65g (18.58%), Vitamin B1: 0.28mg (18.35%), Vitamin B2: 0.26mg (15.36%), Vitamin B5: 1.17mg (11.69%)