



 **61%**  
HEALTH SCORE

## San Francisco Cioppino

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**557 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds canned tomatoes fresh peeled seeded chopped canned (or 1 28-ounce can of tomatoes)
- 24 clams scrubbed well
- 3 cups wine dry white
- 4 pounds crabs cooked (approximately 2 lbs each)
- 2 pounds fish fillet fresh white cut into large pieces
- 1 tablespoon basil fresh finely chopped
- 1 tablespoon basil fresh finely chopped
- 8 servings parsley fresh chopped

- 3 large cloves garlic minced
- 1 teaspoon pepper fresh black
- 0.3 cup olive oil
- 1 teaspoon oregano fresh chopped
- 0.8 pound shrimp raw deveined peeled
- 0.8 pound scallops
- 3 ounces tomato paste
- 1 medium onion yellow finely chopped

## Equipment

- bowl
- frying pan
- sauce pan
- pot
- sieve
- cheesecloth

## Directions

- Remove the legs and claws from the crabs and break the body in half, reserving as much of the "crab butter" as possible (the yellow-colored center).Set crab pieces aside and force the crab butter through a sieve into a small bowl. Set aside.
- Place the clams in a pan, add 1 cup of wine, and steam, covered, over medium heat for 5 minutes or until clams open.
- Remove clams and discard any that do not open.Strain the stock through a cheesecloth and reserve.In an 8-quart saucepan, heat the oil.
- Add the onion and garlic and saut over medium heat until soft, but not browned.
- Add tomatoes, tomato paste, and remaining 2 cups of wine, pepper, herbs, and clam stock.Partially cover and simmer for 20 minutes.
- Add the fish, scallops, shrimp, crab, and crab butter.Simmer for approximately 5 minutes or until all seafood is cooked; do not stir or the fish will break apart.

- Add the clams and heat for a scant 1 minute.
- Sprinkle with parsley and serve immediately from the pot.

## Nutrition Facts

**PROTEIN 62.8%**

**FAT 22.08%**

**CARBS 15.12%**

### Properties

Glycemic Index:48.88, Glycemic Load:3.91, Inflammation Score:-9, Nutrition Score:46.844782608696%

### Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

### Taste

Sweetness: 66.86%, Saltiness: 59.17%, Sourness: 100%, Bitterness: 39.57%, Savoriness: 41.69%, Fattiness: 51.38%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 557.36kcal (27.87%), Fat: 12.02g (18.49%), Saturated Fat: 2.09g (13.03%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 15.36g (5.58%), Sugar: 7.79g (8.66%), Cholesterol: 256.19mg (85.4%), Sodium: 1380.35mg (60.02%), Alcohol: 9.27g (51.5%), Protein: 76.89g (153.77%), Vitamin B12: 23.99µg (399.78%), Selenium: 153.09µg (218.7%), Copper: 1.98mg (98.78%), Phosphorus: 934.2mg (93.42%), Vitamin K: 83.09µg (79.13%), Zinc: 11.46mg (76.43%), Vitamin B3: 14.53mg (72.65%), Potassium: 1842.16mg (52.63%), Magnesium: 193.81mg (48.45%), Vitamin B6: 0.9mg (45.01%), Folate: 168.82µg (42.21%), Manganese: 0.69mg (34.31%), Vitamin C: 27.48mg (33.31%), Vitamin B2: 0.57mg (33.25%), Vitamin E: 3.99mg (26.6%), Iron: 4.33mg (24.04%), Vitamin D: 3.56µg (23.72%), Vitamin A: 1076.1IU (21.52%), Calcium: 210.89mg (21.09%), Vitamin B5: 2mg (19.96%), Vitamin B1: 0.27mg (18.29%), Fiber: 3.16g (12.63%)