

health-score 69%
HEALTH SCORE

San Francisco-Style Cioppino

 Dairy Free  Very Healthy

READY IN

ready

195 min.

SERVINGS

servings

6

CALORIES

calories

794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 1.5 teaspoons peppercorns black
- ☐ 6 servings serving suggestion: garlic bread
- ☐ 1 small carrots chopped
- ☐ 1 small carrots coarsely chopped
- ☐ 2 ribs celery chopped
- ☐ 2 ribs celery coarsely chopped

- ☐ 11 cups bottled clam juice
- ☐ 3 dungeness crab legs and bodies whole with the crabmeat intact
- ☐ 0.5 teaspoon fennel seeds
- ☐ 1 pound fish bones fresh canned
- ☐ 0.5 bunch basil fresh chopped
- ☐ 2 cloves garlic mashed
- ☐ 5 cloves garlic chopped
- ☐ 0.5 bell pepper green chopped
- ☐ 2 teaspoons hot sauce recommended: Tabasco
- ☐ 18 littleneck clams scrubbed
- ☐ 18 mussels black scrubbed
- ☐ 0.3 cup olive oil
- ☐ 0.5 bunch oregano fresh chopped
- ☐ 0.3 bunch parsley stems
- ☐ 12 prawns deveined peeled for stock shells reserved
- ☐ 0.5 bottle red wine good
- ☐ 2 teaspoons red wine vinegar
- ☐ 1.5 pounds sea bass fresh firm cut into 1 1/2-inch pieces
- ☐ 1 small serrano chile
- ☐ 6 servings shells from the prawns
- ☐ 10 cups tomatoes pureed marzano-style canned recommended: Di Napoli, San
- ☐ 2 teaspoons worcestershire sauce
- ☐ 1 small onion yellow chopped
- ☐ 1 small onion yellow coarsely chopped

Equipment

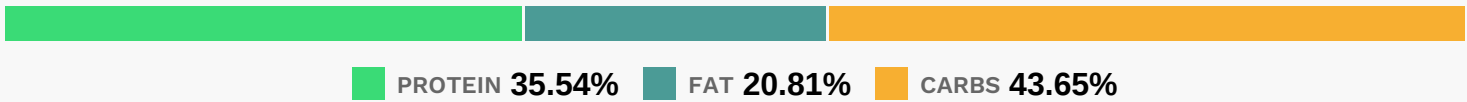
- ☐ bowl
- ☐ ladle
- ☐ pot

☐ sieve

Directions

- ☐ Watch how to make this recipe.
- ☐ For the tomato base: In a large pot, heat the oil over medium heat and add the carrots, onions, peppers, and celery, and saute until tender, about 5 minutes.
- ☐ Add the garlic, chile, herbs, and seasonings and cook until fragrant.
- ☐ Add the wine, vinegar, Worcestershire, and hot sauce and reduce until the liquid is almost evaporated.
- ☐ Add the tomatoes and all of the fish stock, bring to a boil, reduce to a simmer, and cook for 1 to 1 1/2 hours, stirring occasionally. Strain through a fine strainer, discarding the solids.
- ☐ Place the strained liquid into a clean pot and bring to a simmer.
- ☐ Add the crab, clams, mussels, and sea bass, cover the pot, and cook for 2 to 3 minutes.
- ☐ Add the prawns and cook an additional 2 to 3 minutes.
- ☐ To serve: Divide the seafood into 6 large bowls and ladle the broth over top.
- ☐ Serve with garlic bread.
- ☐ In a large pot, add all of the ingredients and bring to a boil. Reduce the heat to low and simmer for 45 minutes. Strain, reserving the broth and discarding the solids.

Nutrition Facts



Properties

Glycemic Index:106.89, Glycemic Load:12.13, Inflammation Score:-10, Nutrition Score:55.337825484898%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 1.24mg, Petunidin: 1.24mg, Petunidin: 1.24mg, Petunidin: 1.24mg Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg Malvidin: 8.65mg, Malvidin: 8.65mg, Malvidin: 8.65mg, Malvidin: 8.65mg Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin:

0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg Apigenin: 5.97mg, Apigenin: 5.97mg, Apigenin: 5.97mg, Apigenin: 5.97mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 794.24kcal (39.71%), Fat: 17.32g (26.65%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 81.75g (27.25%), Net Carbohydrates: 73.77g (26.83%), Sugar: 25.58g (28.42%), Cholesterol: 219.16mg (73.05%), Sodium: 2272.16mg (98.79%), Alcohol: 6.63g (100%), Alcohol %: 0.7% (100%), Protein: 66.57g (133.14%), Vitamin B12: 16.64µg (277.35%), Selenium: 126.88µg (181.25%), Vitamin A: 6150.77IU (123.02%), Manganese: 2.16mg (108.16%), Vitamin C: 78.22mg (94.81%), Phosphorus: 798.06mg (79.81%), Vitamin K: 83.46µg (79.49%), Potassium: 2285.64mg (65.3%), Vitamin B3: 12.94mg (64.68%), Vitamin B6: 1.28mg (64.03%), Copper: 1.15mg (57.35%), Magnesium: 202.06mg (50.51%), Folate: 194.49µg (48.62%), Zinc: 6.27mg (41.8%), Vitamin B1: 0.57mg (38.07%), Iron: 6.28mg (34.87%), Fiber: 7.97g (31.9%), Vitamin B2: 0.51mg (29.98%), Vitamin B5: 2.67mg (26.71%), Vitamin E: 3.94mg (26.25%), Calcium: 229.68mg (22.97%), Vitamin D: 2.34µg (15.62%)