



## Scallop and Oyster Stew

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**280 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup celery diced
- 1 tablespoon cilantro leaves fresh chopped
- 1 cup regular corn frozen thawed
- 0.7 cup thin- green onion
- 4 servings salt and ground pepper black to taste
- 1 cup half-and-half
- 1 teaspoon jalapeno minced
- 2 pints dozens oysters with liquid

- 2 tablespoons pancetta minced
- 1 pound scallops quartered
- 0.5 teaspoon sesame oil
- 0.3 cup tomatoes diced peeled seeded
- 1 tablespoon butter unsalted

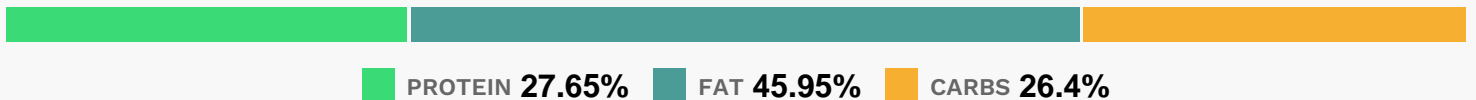
## Equipment

- pot

## Directions

- Melt the butter in a large pot over medium heat.
- Stir in the green onion, celery, and prosciutto; cover the pot and cook the mixture, stirring once, for 2 minutes.
- Increase heat to medium-high. Stir the scallops and oysters with liquid into the green onion mixture; cook uncovered, stirring frequently, until the scallops are cooked through, about 5 minutes.
- Stir the corn, tomato, half-and-half, jalapeno pepper, sesame oil, and cilantro into the oyster mixture.
- Remove the pot from heat, cover, and allow the stew to sit until uniformly heated, about 10 minutes.
- Season with salt and pepper to serve.

## Nutrition Facts



## Properties

Glycemic Index:49.5, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:20.403043262337%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

## Nutrients (% of daily need)

Calories: 280.31kcal (14.02%), Fat: 14.6g (22.46%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 16.87g (6.13%), Sugar: 3.58g (3.98%), Cholesterol: 70.26mg (23.42%), Sodium: 566.42mg (24.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.76g (39.52%), Zinc: 11.05mg (73.67%), Vitamin B12: 3.83µg (63.78%), Phosphorus: 519.26mg (51.93%), Vitamin K: 41.22µg (39.26%), Copper: 0.76mg (38.03%), Selenium: 23.12µg (33.03%), Potassium: 599.19mg (17.12%), Magnesium: 55.89mg (13.97%), Folate: 55.71µg (13.93%), Vitamin A: 666.89IU (13.34%), Vitamin B2: 0.22mg (13.13%), Vitamin B6: 0.25mg (12.45%), Vitamin C: 10.25mg (12.42%), Iron: 2.18mg (12.13%), Vitamin B3: 2.29mg (11.47%), Manganese: 0.22mg (11.21%), Calcium: 107.31mg (10.73%), Fiber: 2g (8.01%), Vitamin B1: 0.11mg (7.37%), Vitamin B5: 0.7mg (6.98%), Vitamin E: 0.71mg (4.76%)