



Seafood Cioppino



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 35 ounce canned tomatoes whole with basil, rinsed, drained, and coarsely chopped canned
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup wine dry white
- ☐ 2 tablespoons flat parsley chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 4 garlic clove sliced
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 12 littleneck clams scrubbed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 cups onion vertically sliced
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 6 ounces scallops
- ☐ 5 ounces shrimp deveined peeled
- ☐ 1 cup vegetable stock organic
- ☐ 10 ounce yellowtail snapper fillets cut into 8 (1-inch) cubes

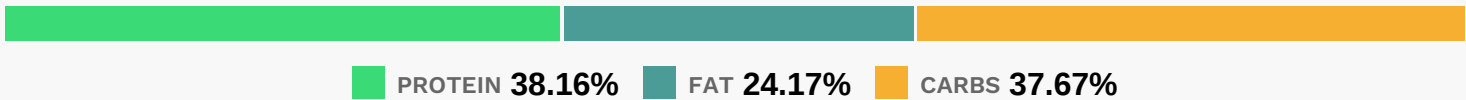
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 1 tablespoon oil in a large Dutch oven over medium-high heat; swirl to coat.
- ☐ Add onion; saut 1 minute.
- ☐ Add garlic; reduce heat to medium. Cover and cook 8 minutes, stirring occasionally.
- ☐ Add wine and next 5 ingredients (through tomatoes); cover. Bring to a boil; reduce heat and simmer, uncovered, 15 minutes.
- ☐ Sprinkle snapper and scallops with black pepper.
- ☐ Heat a large skillet over high heat.
- ☐ Add remaining 1 tablespoon oil; swirl to coat.
- ☐ Add snapper and scallops; cook 90 seconds on each side or until golden brown.
- ☐ Add snapper, scallops, shrimp, and clams to broth mixture. Cover and cook 4 minutes or until clams open; discard any unopened shells. Stir in parsley and lemon juice.

Nutrition Facts



Properties

Glycemic Index:80.25, Glycemic Load:7.73, Inflammation Score:-10, Nutrition Score:32.515217366426%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg

Nutrients (% of daily need)

Calories: 375.35kcal (18.77%), Fat: 9.37g (14.42%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 25.41g (9.24%), Sugar: 15.65g (17.39%), Cholesterol: 95.37mg (31.79%), Sodium: 833.01mg (36.22%), Alcohol: 6.18g (100%), Alcohol %: 1.26% (100%), Protein: 33.28g (66.57%), Vitamin K: 71.22µg (67.83%), Vitamin B12: 3.44µg (57.3%), Selenium: 37µg (52.86%), Phosphorus: 495.5mg (49.55%), Vitamin D: 7.23µg (48.19%), Vitamin B6: 0.89mg (44.38%), Manganese: 0.89mg (44.35%), Vitamin C: 35.16mg (42.62%), Potassium: 1435.07mg (41%), Vitamin E: 5.43mg (36.22%), Copper: 0.7mg (34.86%), Magnesium: 119.41mg (29.85%), Iron: 5.37mg (29.81%), Fiber: 7.44g (29.77%), Vitamin A: 1095.11IU (21.9%), Calcium: 210.62mg (21.06%), Vitamin B3: 3.92mg (19.59%), Vitamin B1: 0.28mg (18.44%), Folate: 69.31µg (17.33%), Vitamin B5: 1.51mg (15.09%), Zinc: 2.17mg (14.49%), Vitamin B2: 0.19mg (11.36%)