

Seafood Creole

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon basil dried sweet
- ☐ 2 bay leaves
- ☐ 1 pound bay scallops frozen thawed (if)
- ☐ 0.3 cup butter
- ☐ 1 cup tomato sauce canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.8 cup celery chopped
- ☐ 1.3 cups chicken stock see

- ☐ 1.5 teaspoons garlic minced
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 pound haddock fillets frozen thawed cut into bite-size pieces (if)
- ☐ 0.8 cup onion chopped
- ☐ 0.8 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper sauce hot tabasco® (such as)
- ☐ 1 pound rock shrimp frozen thawed deveined peeled (if)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup tomatoes peeled chopped
- ☐ 1 teaspoon sugar white

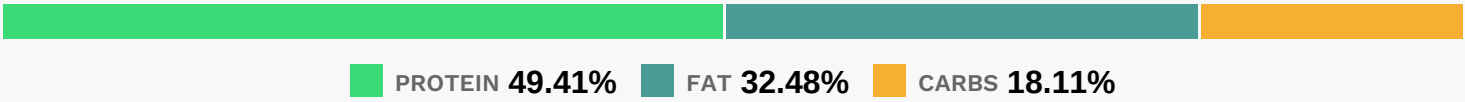
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Mix together oregano, salt, white pepper, black pepper, cayenne pepper, thyme, and basil in a small bowl; set aside.
- ☐ Melt butter in a large Dutch oven over medium heat; stir in tomato, onion, celery, green bell pepper, and garlic. Cook and stir until the onion is translucent, about 5 minutes.
- ☐ Stir in chicken stock, tomato sauce, sugar, hot pepper sauce, and bay leaves. Reduce heat to low and bring sauce to a simmer. Stir in seasoning mix and simmer until the flavors have blended, about 20 minutes.
- ☐ Gently stir in rock shrimp, bay scallops, and haddock; bring sauce back to a simmer and cook until the shellfish and fish are opaque, about 20 more minutes.
- ☐ Remove bay leaves to serve.

Nutrition Facts



Properties

Glycemic Index:73.85, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:20.999130580736%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 281.65kcal (14.08%), Fat: 10.05g (15.47%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 10.53g (3.83%), Sugar: 5.07g (5.64%), Cholesterol: 176.06mg (58.69%), Sodium: 1426.8mg (62.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.42g (68.84%), Selenium: 53.38µg (76.25%), Phosphorus: 656.92mg (65.69%), Vitamin B12: 3.3µg (55.08%), Vitamin B3: 5.96mg (29.8%), Vitamin C: 24.14mg (29.26%), Vitamin B6: 0.57mg (28.73%), Potassium: 801.9mg (22.91%), Vitamin A: 1014.69IU (20.29%), Magnesium: 67.91mg (16.98%), Vitamin E: 2.51mg (16.72%), Copper: 0.3mg (14.76%), Folate: 57.17µg (14.29%), Zinc: 1.98mg (13.22%), Manganese: 0.25mg (12.39%), Vitamin K: 12.74µg (12.13%), Vitamin B2: 0.17mg (9.83%), Vitamin B5: 0.95mg (9.45%), Calcium: 86.91mg (8.69%), Iron: 1.55mg (8.61%), Fiber: 2.09g (8.35%), Vitamin B1: 0.1mg (6.53%), Vitamin D: 0.45µg (3.02%)