



Seafood in Asian Broth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings fish sauce (nuoc mam or nam pla)
- ☐ 8 oz bottled clam juice
- ☐ 2 ears corn (1 lb. total)
- ☐ 0.8 cup fennel bulb paper-thin
- ☐ 2 tablespoons basil fresh minced
- ☐ 1 tablespoon chives fresh thinly sliced
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 1 tablespoon jalapeno fresh minced

- ☐ 3 ounces lemon grass fresh (3 to 6 stalks)
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 1 teaspoon salad oil
- ☐ 0.5 lb scallops rinsed halved
- ☐ 4 lb shrimp shelled deveined
- ☐ 1.5 cups frangelico ripe soft
- ☐ 1.5 cups frangelico ripe soft

Equipment

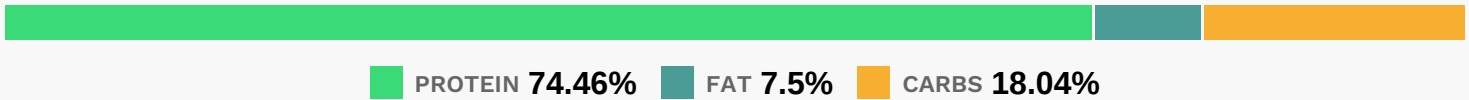
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ sieve
- ☐ grill
- ☐ spatula
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Trim off root and pull coarse outer leaves from lemon grass and discard. Pound lemon grass to bruise slightly.
- ☐ Cut stalks in half lengthwise, then crosswise into about 3-inch pieces.
- ☐ In a 2- to 3-quart pan over high heat, combine lemon grass and clam juice and bring to boiling. Reduce heat, cover, and simmer 10 minutes.
- ☐ Pour clam broth through a fine strainer into a bowl. Return broth to pan and discard lemon grass.
- ☐ Stir tomatoes, lime peel, lime juice, and jalapeo into clam juice; set aside.
- ☐ Gently mix shrimp and scallops with oil, then mix with 1 tablespoon each of minced mint and basil. Thread seafood horizontally onto thin metal skewers.

- ☐ Lightly oil a barbecue grill over a solid bed of hot coals or gas grill on high heat (you can hold your hand at grill level only 2 to 3 seconds); lay corn on grill. Close lid on gas grill. Turn corn often until it is speckled black, about 12 minutes.
- ☐ About 5 minutes before corn is done, lay skewered seafood on grill. Cook, turning once with a wide spatula, until shrimp are opaque but still moist-looking in center of thickest part (cut to test), 3 to 4 minutes.
- ☐ Cut kernels from corn, and pull seafood from skewers; keep warm.
- ☐ Over high heat, bring broth mixture to simmering. Stir in remaining minced mint and basil. Ladle broth into wide bowls. Mound corn, seafood, and fennel in each bowl.
- ☐ Sprinkle with chives, and season to taste with fish sauce.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:26.682608977608%

Flavonoids

Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 531.21kcal (26.56%), Fat: 4.5g (6.93%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 22.38g (8.14%), Sugar: 5.68g (6.31%), Cholesterol: 743.89mg (247.96%), Sodium: 1063.4mg (46.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 100.68g (201.36%), Phosphorus: 1240.99mg (124.1%), Copper: 1.91mg (95.62%), Manganese: 1.44mg (72.19%), Magnesium: 212.14mg (53.04%), Potassium: 1747.8mg (49.94%), Zinc: 7.41mg (49.38%), Calcium: 331.58mg (33.16%), Iron: 4.95mg (27.48%), Vitamin C: 16.66mg (20.2%), Vitamin K: 17.58µg (16.74%), Folate: 59.49µg (14.87%), Vitamin B12: 0.82µg (13.69%), Selenium: 8.14µg (11.63%), Vitamin B3: 1.8mg (9.02%), Vitamin A: 429.61IU (8.59%), Vitamin B6: 0.17mg (8.55%), Fiber: 2.02g (8.06%), Vitamin B1: 0.11mg (7.18%), Vitamin B5: 0.58mg (5.76%), Vitamin B2: 0.09mg (5.1%), Vitamin E: 0.52mg (3.5%)