



Seafood Soup (Caldo de Mariscos)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons aniseed
- ☐ 28 ounce canned tomatoes crushed undrained canned (such as Muir Glen)
- ☐ 32 ounce bottled clam juice
- ☐ 1.5 teaspoons cumin seeds
- ☐ 0.8 cup cilantro leaves fresh minced
- ☐ 4 garlic clove minced
- ☐ 2 jalapeno seeded finely chopped
- ☐ 8 slices lime

- ☐ 0.3 cup juice of lime fresh
- ☐ 1 pound mussels scrubbed
- ☐ 1.5 cups onion finely chopped
- ☐ 3 poblano pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 tablespoons sugar
- ☐ 12 ounce tilapia cut into 2-inch pieces
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

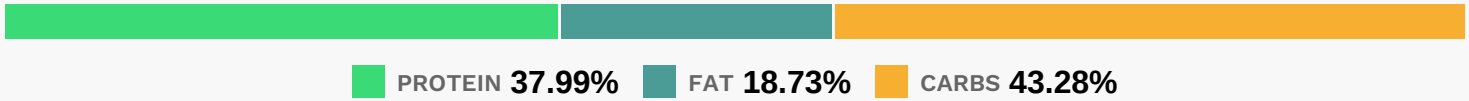
Directions

- ☐ Preheat broiler.
- ☐ Cut chiles in half; discard seeds and membranes.
- ☐ Place halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 5 minutes or until blackened.
- ☐ Place in a heavy-duty zip-top plastic bag, and seal.
- ☐ Let stand 15 minutes. Peel chiles; discard skins. Finely chop chiles.
- ☐ Cook aniseed and cumin seeds in a saucepan over medium heat 1 minute or until toasted and fragrant.
- ☐ Place in a spice or coffee grinder, and process until finely ground.
- ☐ Heat vegetable oil in a large Dutch oven over medium heat.

- ☐
- Add chopped onion and minced garlic; cook 15 minutes or until onion is browned, stirring occasionally.

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Nutrition Facts



Properties

Glycemic Index:41.39, Glycemic Load:5.63, Inflammation Score:-8, Nutrition Score:25.173043499822%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 271.05kcal (13.55%), Fat: 5.86g (9.01%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 26.52g (9.64%), Sugar: 13.78g (15.31%), Cholesterol: 120.64mg (40.21%), Sodium: 863.58mg (37.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.46%), Vitamin C: 62.9mg (76.24%), Vitamin B12: 4.18µg (69.6%), Manganese: 1.39mg (69.33%), Selenium: 32.24µg (46.05%), Phosphorus: 321.13mg (32.11%), Copper: 0.56mg (27.78%), Potassium: 928.76mg (26.54%), Vitamin B6: 0.48mg (24.01%), Iron: 3.81mg (21.19%), Vitamin K: 20.95µg (19.95%), Vitamin B3: 3.96mg (19.8%), Magnesium: 78.1mg (19.53%), Fiber: 3.93g (15.73%), Vitamin E: 2.34mg (15.59%), Vitamin A: 743.57IU (14.87%), Folate: 57.32µg (14.33%), Vitamin B1: 0.21mg (14.16%), Zinc: 1.91mg (12.71%), Calcium: 113.79mg (11.38%), Vitamin B2: 0.18mg (10.83%), Vitamin D: 1.32µg (8.79%), Vitamin B5: 0.85mg (8.46%)