



Seafood Soup (Cazuela de Mariscos)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1451 kcal

SOUP

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 cup onion chopped
- ☐ 2 garlic cloves fresh minced
- ☐ 1 cup carrots grated
- ☐ 1 tablet fish bouillon

- ☐ 0.5 teaspoon paprika
- ☐ 4 cups heavy cream
- ☐ 0.3 cup white wine
- ☐ 2 pounds shrimp deveined peeled (and)
- ☐ 12 littleneck clams scrubbed ()
- ☐ 2 pounds equal sizes of swordfish cut into 1 inch pieces)
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon tomato paste

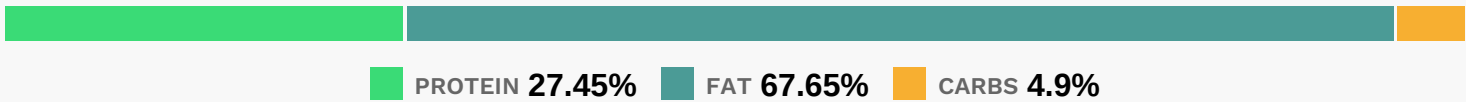
Equipment

- ☐ sauce pan

Directions

- ☐ In a large, saucepan over medium heat, warm the olive oil and butter.
- ☐ Add the onions, red pepper, garlic, green pepper and carrots and sauté, until tender and translucent, about 10 minutes, stirring occasionally.
- ☐ Add salt and pepper.
- ☐ Add the cream, fish bouillon, coconut milk; bring to a boil.
- ☐ Add the seafood and cover, reduce heat and cook about 2 minutes until clams open.
- ☐ Remove from heat; discard any unopened shells.
- ☐ Add the wine and tomato paste, simmer for 20 minutes.
- ☐ Garnish with fresh cilantro and parsley and serve hot

Nutrition Facts



Properties

Glycemic Index:90.46, Glycemic Load:2.69, Inflammation Score:-10, Nutrition Score:50.198260348776%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 1450.95kcal (72.55%), Fat: 108.83g (167.43%), Saturated Fat: 60.96g (380.99%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 15.15g (5.51%), Sugar: 12.12g (13.47%), Cholesterol: 793.31mg (264.44%), Sodium: 602.7mg (26.2%), Alcohol: 2.06g (100%), Alcohol %: 0.31% (100%), Protein: 99.37g (198.74%), Vitamin D: 35.34µg (235.6%), Vitamin A: 10151.16IU (203.02%), Selenium: 140.1µg (200.15%), Phosphorus: 1257.45mg (125.74%), Vitamin B3: 18.61mg (93.06%), Vitamin B12: 4.96µg (82.64%), Vitamin B6: 1.55mg (77.38%), Potassium: 2082.61mg (59.5%), Vitamin C: 47.79mg (57.93%), Vitamin E: 8.24mg (54.92%), Copper: 1.07mg (53.69%), Magnesium: 180.11mg (45.03%), Vitamin B2: 0.64mg (37.46%), Zinc: 5.45mg (36.32%), Calcium: 347.83mg (34.78%), Vitamin K: 34.36µg (32.72%), Vitamin B1: 0.29mg (19.15%), Iron: 3.04mg (16.9%), Vitamin B5: 1.66mg (16.64%), Manganese: 0.32mg (15.76%), Fiber: 2.6g (10.41%), Folate: 41.08µg (10.27%)