



## Seafood Stew

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



53 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 slices oscar mayer bacon chopped
- 14.5 oz canned tomatoes diced undrained canned
- 4 cups chicken broth
- 0.5 cup cilantro leaves fresh
- 1.5 lb mussels fresh with beards removed cleaned scrubbed ( 50)
- 1 small onion sliced
- 1 lb snapper fillets skinless red cut into 8 pieces
- 1 serrano chile

- 1 lb shrimp deveined uncooked peeled
- 1 cup coconut milk unsweetened canned
- 45 servings sofrito red
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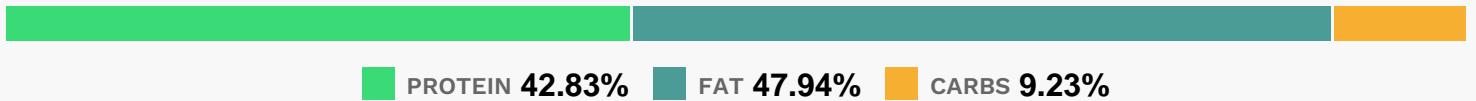
## Equipment

- frying pan
- paper towels
- pot
- slotted spoon

## Directions

- Cook bacon in 7-qt. stockpot. Use slotted spoon to remove bacon from pan, reserving 1 tsp. drippings in pan.
- Drain bacon on paper towels.
- Add Red Sofrito and onions to pan; cook 3 min., stirring frequently. Stir in next 5 ingredients; bring to boil. Simmer on low heat 10 min.
- Add mussels; cover. Cook 2 min.
- Add red snapper; cook, covered, 2 min.
- Add shrimp; cook, covered, 4 min. or until shrimp turn pink. Discard any unopened mussels.
- Top stew with bacon.

## Nutrition Facts



## Properties

Glycemic Index:2.42, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:4.4217391869296%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg, Kaempferol: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## **Nutrients (% of daily need)**

Calories: 53.29kcal (2.66%), Fat: 2.85g (4.39%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.56g (0.62%), Cholesterol: 24.47mg (8.16%), Sodium: 151.44mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin B12: 1.25µg (20.78%), Manganese: 0.34mg (16.78%), Selenium: 8.33µg (11.9%), Phosphorus: 69.44mg (6.94%), Vitamin D: 1.04µg (6.93%), Potassium: 137.69mg (3.93%), Copper: 0.08mg (3.78%), Vitamin B6: 0.07mg (3.33%), Magnesium: 13.15mg (3.29%), Iron: 0.59mg (3.25%), Zinc: 0.4mg (2.64%), Vitamin C: 2mg (2.42%), Vitamin B1: 0.04mg (2.39%), Vitamin B2: 0.04mg (2.18%), Vitamin B3: 0.43mg (2.14%), Calcium: 16.84mg (1.68%), Vitamin E: 0.24mg (1.57%), Vitamin B5: 0.16mg (1.56%), Folate: 5.76µg (1.44%)