



Shellfish in Brodetto

 Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

30

CALORIES

calories

62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup basil leaves
- ☐ 1 pint cherry tomatoes halved
- ☐ 0.5 cup bottled clam juice
- ☐ 0.5 cup cooking wine dry white
- ☐ 24 littleneck clams
- ☐ 2 pounds mussels scrubbed
- ☐ 0.3 cup olive oil extra-virgin plus more for brushing and drizzling
- ☐ 4 small chiles dried red smashed

- ☐ 4 slices rustic bread thick
- ☐ 30 servings salt
- ☐ 0.8 pound sea scallops halved
- ☐ 5 garlic cloves whole smashed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 37
- ☐ On a baking sheet, toast the bread for 8 minutes, until golden.
- ☐ Brush the toasts with olive oil and rub them all over with the whole garlic clove. Put 1 toast in the bottom of each of 4 bowls.
- ☐ In a deep skillet, heat the 1/4 cup of oil.
- ☐ Add the smashed garlic and the chiles and cook over moderate heat for 2 minutes.
- ☐ Add the wine and cook over moderately high heat for 2 minutes.
- ☐ Add the clam juice and bring to a boil.
- ☐ Add the clams and tomatoes, cover and cook for 2 minutes. Stir in the mussels and scallops, cover and cook over high heat until the clams and mussels open and the scallops are just cooked, 3 minutes. With a slotted spoon, transfer the seafood to the bowls. Boil the broth for 1 minute, until slightly reduced.
- ☐ Add the basil, season lightly with salt and pour the broth into the bowls.
- ☐ Drizzle with oil and serve.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:5.8008694881978%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 62.39kcal (3.12%), Fat: 3.19g (4.91%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.52g (1.28%), Sugar: 1.42g (1.58%), Cholesterol: 7.54mg (2.51%), Sodium: 309.59mg (13.46%), Alcohol: 0.41g (100%), Alcohol %: 0.9% (100%), Protein: 3.89g (7.79%), Vitamin B12: 2.2µg (36.69%), Manganese: 0.56mg (28.21%), Selenium: 9.05µg (12.93%), Phosphorus: 79.23mg (7.92%), Vitamin C: 5.28mg (6.4%), Iron: 0.9mg (4.98%), Potassium: 124.38mg (3.55%), Folate: 12.78µg (3.2%), Vitamin K: 3.3µg (3.14%), Vitamin A: 151.86IU (3.04%), Vitamin E: 0.45mg (3.03%), Vitamin B3: 0.56mg (2.81%), Magnesium: 10.97mg (2.74%), Zinc: 0.4mg (2.69%), Vitamin B2: 0.04mg (2.55%), Vitamin B1: 0.04mg (2.49%), Vitamin B6: 0.04mg (2.02%), Copper: 0.03mg (1.72%), Vitamin B5: 0.13mg (1.34%), Fiber: 0.26g (1.02%)