



Shellfish Stew alla Tarantina

 Dairy Free

READY IN

ready

70 min.

SERVINGS

servings

4

CALORIES

calories

707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound calamari cleaned
- ☐ 1 pound cockles scrubbed drained
- ☐ 1 cup cooking wine dry white
- ☐ 2 pounds mussels scrubbed
- ☐ 12 dozens oysters with liquid reserved
- ☐ 1 bell pepper red cored seeded chopped
- ☐ 1 medium onion red chopped
- ☐ 4 slices rustic bread hard toasted

- ☐ 1 pound shrimp deveined peeled
- ☐ 2 tablespoons freshly thyme leaves chopped
- ☐ 1 cup basic tomato sauce
- ☐ 6 tablespoons virgin olive oil
- ☐ 1 bell pepper yellow cored seeded chopped

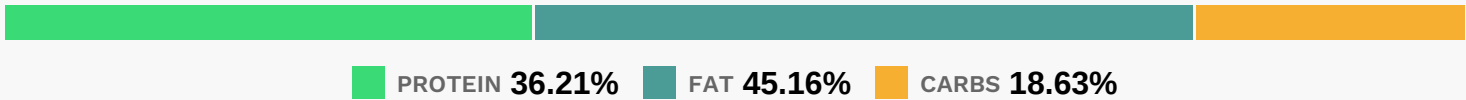
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cut calamari into 1/2-inch rings and check oysters for sand and bits of shell.
- ☐ In a 4 quart saucepan, heat olive oil until smoking.
- ☐ Add onion, peppers and thyme leaves and cook until softened but not brown, about 10 minutes.
- ☐ Add wine and tomato sauce and bring to a boil.
- ☐ Add clams, shrimp and mussels and cover. Cook 3 to 4 minutes until clams have all opened.
- ☐ Add calamari and cook 2 minutes until opaque. Season with salt and pepper, add oysters and oyster liquid and simmer 2 to 3 minutes until oysters have tightened around outer edges. Divide shellfish over pieces of bread in 4 bowls, pour in broth and serve.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:4.52, Inflammation Score:-10, Nutrition Score:45.989130393319%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.11mg, Apigenin:

0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg
Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg,
Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin:
0.08mg, Myricetin: 0.08mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 707.21kcal (35.36%), Fat: 33.41g (51.4%), Saturated Fat: 7.85g (49.06%), Carbohydrates: 31.03g (10.34%),
Net Carbohydrates: 27.56g (10.02%), Sugar: 11.38g (12.64%), Cholesterol: 480.86mg (160.29%), Sodium: 890.36mg
(38.71%), Alcohol: 6.18g (100%), Alcohol %: 1.27% (100%), Protein: 60.27g (120.54%), Vitamin B12: 15.72µg (262.03%),
Manganese: 4.32mg (216.08%), Selenium: 104.13µg (148.76%), Copper: 2.96mg (147.77%), Vitamin C: 119.18mg
(144.46%), Phosphorus: 786.52mg (78.65%), Iron: 11.1mg (61.66%), Vitamin B2: 0.87mg (51.26%), Zinc: 7.24mg
(48.25%), Vitamin E: 6.41mg (42.76%), Potassium: 1410.44mg (40.3%), Magnesium: 151.27mg (37.82%), Vitamin B3:
7.13mg (35.65%), Vitamin A: 1647.36IU (32.95%), Folate: 101.48µg (25.37%), Vitamin B6: 0.39mg (19.72%), Vitamin
B1: 0.29mg (19.64%), Calcium: 186.56mg (18.66%), Vitamin B5: 1.56mg (15.63%), Vitamin K: 16.32µg (15.55%), Fiber:
3.47g (13.88%)