



Shellfish with Chipotle and Tequila



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons chipotle chile canned seeded chopped
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup green onions chopped

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground turmeric
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh (1 lime)
- ☐ 24 littleneck clams
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 pound sea scallops
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 0.3 cup tequila
- ☐ 2 teaspoons tomato paste
- ☐ 1.8 cups water
- ☐ 1.5 cups onion yellow chopped (1 large)

Equipment

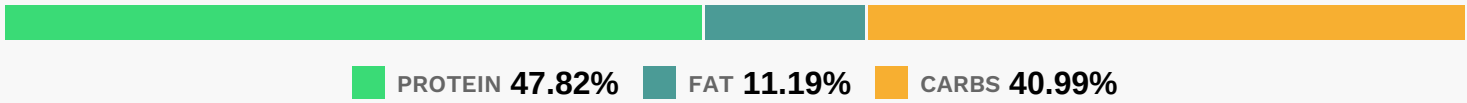
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add yellow onion, bell pepper, black pepper, and salt to pan; saut 5 minutes or until tender.
- ☐ Add garlic; saut 2 minutes.
- ☐ Add 1 3/4 cups water and next 10 ingredients (through chicken broth) to pan. Reduce heat to low, and simmer 12 minutes, stirring occasionally.
- ☐ Arrange clams in a steamer. Cover and steam over boiling water 8 minutes or until shells open. Discard any unopened shells; set aside.

Add scallops and shrimp to tomato mixture; cook 7 minutes or just until done. Ladle 2 cups soup into each of 4 large shallow bowls; top each serving with 6 clams, 1 tablespoon cilantro, and 1 tablespoon green onions.

Nutrition Facts



Properties

Glycemic Index:81.25, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:19.333913181139%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg

Nutrients (% of daily need)

Calories: 224.02kcal (11.2%), Fat: 2.48g (3.81%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 16.13g (5.86%), Sugar: 8.83g (9.81%), Cholesterol: 108.67mg (36.22%), Sodium: 1019.05mg (44.31%), Alcohol: 5.01g (100%), Alcohol %: 1.15% (100%), Protein: 23.81g (47.62%), Vitamin C: 43.19mg (52.36%), Phosphorus: 417.4mg (41.74%), Vitamin B12: 2.42µg (40.36%), Copper: 0.54mg (26.8%), Vitamin K: 27.87µg (26.54%), Manganese: 0.5mg (25.23%), Potassium: 826.26mg (23.61%), Selenium: 14.94µg (21.34%), Vitamin A: 1041.18IU (20.82%), Vitamin B6: 0.4mg (19.98%), Iron: 3.42mg (18.98%), Magnesium: 73.34mg (18.34%), Fiber: 4.28g (17.11%), Vitamin E: 2.11mg (14.07%), Vitamin B3: 2.73mg (13.65%), Zinc: 1.94mg (12.96%), Folate: 50.97µg (12.74%), Calcium: 127.13mg (12.71%), Vitamin B1: 0.15mg (9.81%), Vitamin B2: 0.14mg (8.27%), Vitamin B5: 0.73mg (7.26%)