



Shrimp and Fingerlings in Tomato Broth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 8 ounce bottled clam juice
- ☐ 1 cup cooking wine dry white
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 4 garlic cloves finely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 cups onions finely chopped
- ☐ 1 tablespoon paprika

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 pound american shrimp deveined uncooked peeled
- ☐ 3 cups water
- ☐ 8 ounces baby yukon gold potatoes

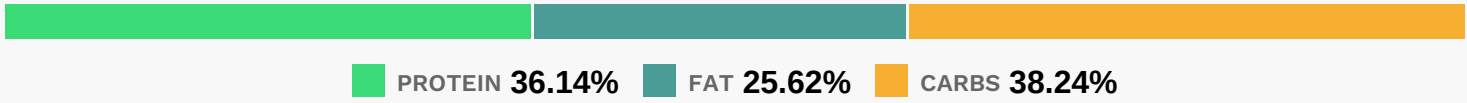
Equipment

- ☐ pot

Directions

- ☐ Heat oil in heavy large pot overmedium heat.
- ☐ Add onions; sautéuntil very tender and beginningto brown, stirring often, about 18minutes.
- ☐ Add garlic and paprika;stir 2 minutes. Stir in tomatoeswith juice and cook until verythick, stirring frequently, about30 minutes. Stir in rosemary andcrushed red pepper.
- ☐ Add wineand cook until liquid evaporatescompletely, stirring often, about10 minutes. Stir in clam juice,then 3 cups water. DO AHEAD: Broth can be made 1 day ahead.Cool, then cover and chill.
- ☐ Bring broth to boil.
- ☐ Addpotatoes; simmer until almosttender, about 5 minutes.
- ☐ Addshrimp; simmer until just cookedthrough, about 5 minutes longer.Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:9.46, Inflammation Score:-9, Nutrition Score:12.632173933413%

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: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin:

0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.71mg, Quercetin: 16.71mg, Quercetin: 16.71mg, Quercetin: 16.71mg

Nutrients (% of daily need)

Calories: 320.17kcal (16.01%), Fat: 8.08g (12.44%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 23.6g (8.58%), Sugar: 6.51g (7.23%), Cholesterol: 182.57mg (60.86%), Sodium: 362.57mg (15.76%), Alcohol: 6.18g (100%), Alcohol %: 1.19% (100%), Protein: 25.66g (51.31%), Phosphorus: 325.72mg (32.57%), Copper: 0.61mg (30.3%), Vitamin C: 20.89mg (25.32%), Potassium: 802.71mg (22.93%), Vitamin B6: 0.41mg (20.27%), Manganese: 0.4mg (19.82%), Vitamin A: 987.96IU (19.76%), Magnesium: 75.44mg (18.86%), Fiber: 3.56g (14.23%), Zinc: 2.07mg (13.81%), Calcium: 123.12mg (12.31%), Vitamin E: 1.65mg (11.01%), Iron: 1.93mg (10.73%), Folate: 30.44µg (7.61%), Vitamin B1: 0.11mg (7.28%), Vitamin K: 7.44µg (7.09%), Vitamin B3: 1.1mg (5.49%), Vitamin B2: 0.08mg (4.8%), Vitamin B5: 0.4mg (4.04%), Selenium: 1.42µg (2.03%)