



Shrimp and Sausage Cioppino

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black freshly ground
- 15 ounce .5 can cannellini beans rinsed drained canned
- 4 servings serving suggestion: crusty sourdough bread
- 1 large fennel bulb trimmed chopped
- 1 cup basil leaves fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 4 cloves garlic peeled smashed

- 0.5 teaspoon kosher salt
- 3 cups chicken broth low-sodium
- 0.3 cup olive oil extra-virgin
- 1 pound spicy turkey sausage links italian
- 2 small shallots chopped
- 1 pound shrimp deveined peeled
- 0.3 cup tomato paste
- 2 cups white wine such as pinot grigio

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- wooden spoon
- dutch oven

Directions

- In a Dutch oven or large saucepan, heat the oil over medium-high heat.
- Add the fennel, garlic, shallots, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring occasionally, until the vegetables are slightly softened, about 4 minutes.
- Add the sausage and break into 1/2-inch pieces with a wooden spoon. Cook until brown, about 5 minutes.
- Add the wine and scrape up the brown bits that cling to the bottom of the pan with a wooden spoon. Stir in the tomato paste, chicken broth, and bay leaf. Bring to a simmer, cover, and cook for 10 minutes.
- Uncover the pan and add the shrimp, beans, basil, and thyme. Simmer, uncovered, until the shrimp are pink and cooked through, about 4 minutes.
- Remove the bay leaf and discard. Season with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Ladle the cioppino into soup bowls and serve with crusty bread.

Nutrition Facts

PROTEIN 34.46% FAT 37.2% CARBS 28.34%

Properties

Glycemic Index:102.13, Glycemic Load:8.93, Inflammation Score:-10, Nutrition Score:36.009565270465%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 693.64kcal (34.68%), Fat: 25.69g (39.52%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 44.03g (14.68%), Net Carbohydrates: 34.56g (12.57%), Sugar: 9.54g (10.6%), Cholesterol: 242.67mg (80.89%), Sodium: 1704.89mg (74.13%), Alcohol: 12.63g (100%), Alcohol %: 2.16% (100%), Protein: 53.55g (107.09%), Iron: 16.78mg (93.21%), Vitamin K: 75.08µg (71.5%), Phosphorus: 663.72mg (66.37%), Vitamin C: 50.91mg (61.71%), Copper: 1.06mg (53.04%), Manganese: 1.03mg (51.53%), Potassium: 1651.16mg (47.18%), Selenium: 29.04µg (41.49%), Vitamin B3: 7.77mg (38.86%), Zinc: 5.7mg (38.01%), Fiber: 9.47g (37.89%), Magnesium: 151.44mg (37.86%), Vitamin B6: 0.69mg (34.5%), Folate: 106.44µg (26.61%), Vitamin E: 3.89mg (25.91%), Calcium: 244.99mg (24.5%), Vitamin B2: 0.36mg (20.92%), Vitamin A: 894.04IU (17.88%), Vitamin B1: 0.22mg (14.79%), Vitamin B5: 1.34mg (13.38%), Vitamin B12: 0.66µg (11.08%)