






 **70%**
HEALTH SCORE

Shrimp Cacciucco

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

45 min.

SERVINGS

2

CALORIES

563 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 bay leaf
- 28 ounce canned tomatoes pureed italian canned
- 1 cup .5 can cannellini beans canned cooked drained
- 1 cup cooking wine dry white
- 2 cups escarole leaves washed and torn into pieces
- 1 fennel bulb cut into 1/2-inch dice, fronds reserved
- 4 garlic cloves smashed
- 2 servings kosher salt

- 1 lemon zest
- 12 littleneck clams
- 2 servings olive oil extra-virgin
- 2 small onions cut into 1/2-inch dice
- 1 pinch pepper flakes red crushed
- 1 large pinch saffron threads
- 4 extra large shrimp head-on unpeeled (U-10)
- 1 cup water

Equipment

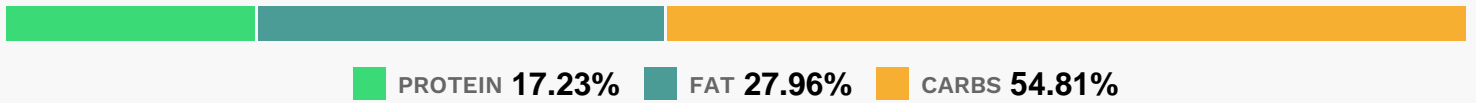
- bowl
- frying pan
- sauce pan

Directions

- Coat a large saucepan with extra-virgin olive oil and bring to a medium-high heat.
- Add the diced onion, season with salt, and cook for 3 to 4 minutes.
- Add the fennel and crushed red pepper and cook for another 3 to 4 minutes.
- Add the garlic and sweat for 1 to 2 more minutes. The veggies should look soft and wilted, be very aromatic, but not have any color.
- Add the white wine and cook until it has reduced by half. Stir in the tomatoes, saffron, lemon zest, bay leaf, and 1 cup of water. Taste for seasoning, and season with salt. It should not taste done but it should taste good. Bring to a boil, then reduce the heat and simmer for about 15 minutes. Taste again; it should taste really good now.
- Add some more salt, if needed, (it probably will). Turn off the heat and reserve.
- Coat a large skillet with olive oil and bring to a high heat. Season the shrimp generously with salt. When the oil is sizzling, add the shrimp and cook them on both sides until they turn pink, about 1 minute on each side.
- Remove the shrimp from the pan to a plate and reserve.
- Remove the oil from the pan and put over medium-high heat.

- Add the clams and the cooked tomato mixture. Cover and cook until the clams begin to open, about 5 minutes. If the tomato mixture starts to become too thick add some water. Taste to make sure it tastes good and season with some salt, if needed.
- Add the beans, escarole, and the cooked shrimp. Cover and cook for another 2 to 3 minutes.
- Remove the clams and shrimp from the pan to a bowl. Spoon the tomatoes and beans into 2 large bowls. Arrange the shrimp and clams on top.
- Garnish with the reserved fennel fronds and drizzle with extra-virgin olive oil. Call yourself a super star!

Nutrition Facts



Properties

Glycemic Index:164, Glycemic Load:17.55, Inflammation Score:-10, Nutrition Score:45.000870041225%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 14.63mg, Quercetin: 14.63mg, Quercetin: 14.63mg, Quercetin: 14.63mg

Nutrients (% of daily need)

Calories: 562.53kcal (28.13%), Fat: 16.05g (24.69%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 70.78g (23.59%), Net Carbohydrates: 52.1g (18.94%), Sugar: 26.75g (29.73%), Cholesterol: 35.98mg (11.99%), Sodium: 841.92mg (36.61%), Alcohol: 12.36g (100%), Alcohol %: 1.54% (100%), Protein: 22.25g (44.5%), Vitamin K: 221.97µg (211.4%), Manganese: 1.98mg (99.08%), Vitamin C: 64.77mg (78.51%), Fiber: 18.68g (74.72%), Potassium: 2487.31mg (71.07%), Copper: 1.22mg (60.91%), Vitamin E: 8.71mg (58.09%), Folate: 228.19µg (57.05%), Iron: 10.12mg (56.24%), Vitamin B6: 0.95mg (47.72%), Magnesium: 184.15mg (46.04%), Vitamin A: 2152.89IU (43.06%), Phosphorus: 400.41mg (40.04%), Calcium: 347.52mg (34.75%), Vitamin B1: 0.49mg (32.62%), Vitamin B3: 6.22mg (31.08%), Vitamin B12: 1.42µg (23.73%), Zinc: 3.39mg (22.61%), Vitamin B5: 2.19mg (21.95%), Vitamin B2: 0.37mg (21.54%), Selenium: 9.94µg (14.21%)