



Southern California Cioppino



Gluten Free



Dairy Free



Very Healthy

READY IN



165 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 4 carrots sliced
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 stalks celery with leaves chopped
- ☐ 0.8 teaspoon chili powder
- ☐ 16 ounce bottled clam juice
- ☐ 2 pounds clams in shell scrubbed
- ☐ 1 pound crab meat cooked

- ☐ 2 teaspoons basil dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 pound halibut steaks cubed
- ☐ 1 pound mussels cleaned
- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 cup parsley chopped
- ☐ 4 potatoes cubed peeled
- ☐ 8 servings salt and pepper to taste
- ☐ 1 pound sea scallops rinsed drained
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 cups sacramento tomato juice
- ☐ 0.5 cup white wine

Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large stockpot over medium heat. Stir in the onion, celery, carrots, potatoes, and garlic, and cook 5 to 10 minutes.
- ☐ Add parsley, cilantro, tomatoes, tomato juice, clam juice, white wine, basil, oregano, thyme, chili powder, cayenne pepper, salt and black pepper. Reduce heat and simmer for 2 hours.
- ☐ Approximately 15 to 20 minutes before you are ready to serve the cioppino, stir in the fish, shrimp, mussels, clams, crab, and scallops. Continue to cook and stir approximately 5 minutes, or until the shrimp are pink and the clams and mussel shells have opened.
- ☐ Remove any unopened mussels or clams before serving.

Nutrition Facts



 **PROTEIN 42.83%**  **FAT 19.26%**  **CARBS 37.91%**

Properties

Glycemic Index:66.49, Glycemic Load:18.6, Inflammation Score:-10, Nutrition Score:48.146521941475%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 475.32kcal (23.77%), Fat: 10.06g (15.47%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 44.55g (14.85%), Net Carbohydrates: 37.85g (13.76%), Sugar: 11.75g (13.05%), Cholesterol: 200.87mg (66.96%), Sodium: 1325.6mg (57.63%), Alcohol: 1.54g (100%), Alcohol %: 0.29% (100%), Protein: 50.32g (100.64%), Vitamin B12: 8.72µg (145.34%), Vitamin A: 6157.46IU (123.15%), Selenium: 77.35µg (110.5%), Manganese: 1.69mg (84.29%), Phosphorus: 805.2mg (80.52%), Vitamin C: 54.8mg (66.43%), Vitamin K: 69.47µg (66.16%), Copper: 1.14mg (57.12%), Vitamin B6: 1.13mg (56.58%), Potassium: 1903.44mg (54.38%), Vitamin B3: 9.55mg (47.77%), Magnesium: 146.86mg (36.72%), Zinc: 5.14mg (34.29%), Iron: 6.16mg (34.22%), Folate: 126.23µg (31.56%), Vitamin E: 4.63mg (30.88%), Fiber: 6.7g (26.82%), Vitamin B1: 0.33mg (22.22%), Calcium: 215.47mg (21.55%), Vitamin B5: 2.02mg (20.19%), Vitamin B2: 0.3mg (17.9%), Vitamin D: 2.66µg (17.77%)