



Speedy Cioppino



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 8 ounce bottled clam juice
- ☐ 8 ounce filets
- ☐ 1 cup wine dry white
- ☐ 0.5 cup fennel bulb finely chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1.5 pounds mussels scrubbed (40)

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion
- ☐ 0.5 teaspoon oregano dried
- ☐ 1.5 cups potatoes – remove skin red cubed (1-inch) (8 ounces)
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 0.5 pound shrimp deveined peeled

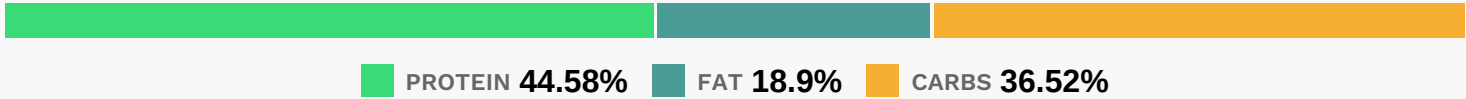
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add potatoes and next 5 ingredients (through saffron); saut 5 minutes or until vegetables start to soften. Stir in wine, tomatoes, and clam juice; bring to a boil. Cover and cook 15 minutes.
- ☐ Add mussels, shrimp, and cod to pan; cover and cook 6 minutes or until cod is done and mussel shells open. Discard any unopened shells. Stir gently to break cod into chunks.
- ☐ Sprinkle with basil.
- ☐ Combine 1 1/2 tablespoons fresh lemon juice, 1 tablespoon extra-virgin olive oil, 1/2 teaspoon Dijon mustard, 1/2 teaspoon sugar, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and 1 minced garlic clove, stirring with a whisk.
- ☐ Combine 6 cups gourmet salad greens, 1 cup halved cherry tomatoes, and 1/2 cup slivered red onion.
- ☐ Drizzle dressing over salad; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:5.33, Inflammation Score:-8, Nutrition Score:31.360869635706%

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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 355.08kcal (17.75%), Fat: 6.65g (10.23%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 25.03g (9.1%), Sugar: 9.51g (10.57%), Cholesterol: 139.96mg (46.65%), Sodium: 703.23mg (30.58%), Alcohol: 6.18g (100%), Alcohol %: 1.54% (100%), Protein: 35.28g (70.57%), Vitamin B12: 10.94µg (182.38%), Manganese: 3.45mg (172.63%), Selenium: 59.5µg (85%), Phosphorus: 498.12mg (49.81%), Potassium: 1308.24mg (37.38%), Iron: 6.1mg (33.87%), Vitamin C: 27.84mg (33.74%), Copper: 0.6mg (30.16%), Magnesium: 111.17mg (27.79%), Vitamin B6: 0.55mg (27.63%), Vitamin B3: 4.5mg (22.48%), Vitamin B1: 0.32mg (21.63%), Vitamin K: 21.51µg (20.49%), Zinc: 3.04mg (20.26%), Folate: 75.89µg (18.97%), Vitamin E: 2.82mg (18.81%), Vitamin B2: 0.32mg (18.68%), Fiber: 3.88g (15.5%), Calcium: 142.72mg (14.27%), Vitamin A: 541.61IU (10.83%), Vitamin B5: 1.06mg (10.6%), Vitamin D: 0.51µg (3.4%)