



HEALTH SCORE

65%

Spicy Seafood Couscous



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 small bay leaves
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 carrots thinly sliced
- ☐ 1 celery stalk thinly sliced
- ☐ 0.3 cup chili paste depending on your taste pref hot (such as sambal oelek*)
- ☐ 24 ounce bottled clam juice
- ☐ 20 ounces couscous plain
- ☐ 1 cup cooking wine dry white

- ☐ 2 pounds fish fillets red assorted cut into 1 1/2-inch pieces (such as halibut, cod and snapper)
- ☐ 10 servings parsley fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 4 large garlic cloves chopped
- ☐ 12 littleneck clams scrubbed
- ☐ 1.5 pounds mussels scrubbed
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 8 ounces shrimp deveined uncooked peeled

Equipment

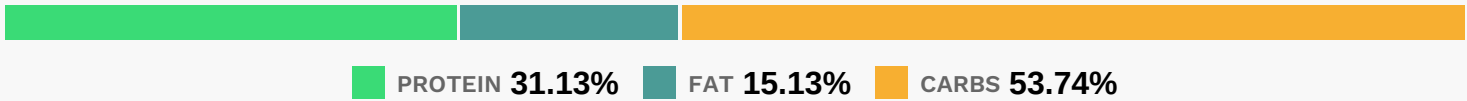
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Heat 3 tablespoons oil in heavy large pot over medium heat.
- ☐ Add onion; sauté 5 minutes.
- ☐ Add carrot, celery, and garlic; sauté 5 minutes.
- ☐ Add tomatoes with juices and 1 bottle clam juice and bring to boil. Reduce heat; simmer uncovered 10 minutes. Cover and simmer 10 minutes.
- ☐ Transfer mixture to processor. Blend to chunky puree; return to pot.
- ☐ Mix in 2 bottles clam juice to make tomato broth.
- ☐ Combine mussels, clams, and wine in another large pot. Cover and cook over high heat until mussels and clams open, about 8 minutes. Using tongs, transfer mussels and clams to bowl (discard any that do not open). Strain cooking liquid into tomato broth.
- ☐ Place couscous in large bowl. Bring 2 1/2 cups water, 3 cups tomato broth, and 1/4 cup oil to boil in medium saucepan.

- ☐ Mix into couscous. Cover; let stand until liquid is absorbed, about 10 minutes. Season with salt and pepper. Cover; let stand until ready to serve.
- ☐ Meanwhile, mix thyme and bay leaves into remaining tomato broth in pot and bring to boil over medium-high heat.
- ☐ Add fish. Cover and simmer 4 minutes.
- ☐ Add shrimp; cover and simmer until seafood is opaque in center, about 4 minutes. Turn off heat.
- ☐ Add reserved mussels and clams. Cover; let stand 2 minutes.
- ☐ Mound couscous on platter. Top with seafood. Spoon some tomato broth over to moisten.
- ☐ Sprinkle with parsley.
- ☐ Mix 3/4 cup tomato broth and hot chili paste in small dish.
- ☐ Serve couscous, passing chili mixture and remaining broth separately.
- ☐ * Sambal oelek is available in Asian markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:36.98, Glycemic Load:28.12, Inflammation Score:-9, Nutrition Score:29.879130322%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 459.5kcal (22.98%), Fat: 7.37g (11.35%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 58.91g (19.64%), Net Carbohydrates: 55.12g (20.04%), Sugar: 4.27g (4.75%), Cholesterol: 84.41mg (28.14%), Sodium: 538.87mg (23.43%), Alcohol: 2.47g (100%), Alcohol %: 0.82% (100%), Protein: 34.13g (68.26%), Vitamin B12: 6.15µg (102.57%), Manganese: 1.78mg (88.84%), Selenium: 61.6µg (88.01%), Vitamin K: 70.71µg (67.35%), Phosphorus: 406.92mg

(40.69%), Vitamin B3: 6.96mg (34.81%), Vitamin A: 1597.73IU (31.95%), Potassium: 688.64mg (19.68%), Magnesium: 78.69mg (19.67%), Vitamin B6: 0.38mg (18.91%), Vitamin D: 2.84µg (18.9%), Vitamin C: 15.3mg (18.55%), Iron: 3.23mg (17.93%), Folate: 69.17µg (17.29%), Copper: 0.34mg (16.8%), Vitamin B1: 0.23mg (15.38%), Vitamin B5: 1.52mg (15.22%), Fiber: 3.79g (15.17%), Vitamin B2: 0.21mg (12.43%), Zinc: 1.76mg (11.73%), Vitamin E: 1.65mg (10.99%), Calcium: 69.18mg (6.92%)