



Spicy Seafood Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces calamari rings fresh frozen thawed rinsed (optional; see notes)
- 32 oz canned tomatoes diced crushed canned
- 0.5 teaspoon chili powder
- 1 chilies such as jalapeños fresh green hot minced stemmed rinsed seeded
- 4 servings quinoa cooked
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced peeled
- 0.5 teaspoon ground cumin

- 1 tablespoon olive oil
- 8 oz onion peeled halved
- 8 ounces thin-skinned potatoes white red scrubbed quartered (1 in. wide)
- 0.5 teaspoon salt
- 12 ounces shrimp shelled deveined rinsed per lb.),
- 8 ounces tilapia rinsed cut into 1-inch chunks

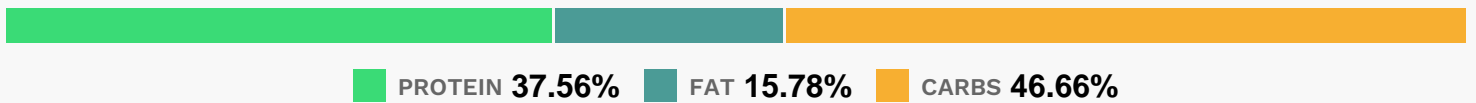
Equipment

- frying pan

Directions

- Heat oil in a 5- to 6-quart pan over medium-high heat; add onion and garlic and stir often until onion is very limp, 8 to 10 minutes.
- Add tomatoes, 1 1/2 cups water, potatoes, chilies, cumin, chili powder, and salt; increase heat to high and bring to a boil. Reduce heat, cover, and simmer until potatoes are tender when pierced, 20 to 25 minutes.
- Stir in seafood, if using. Cover and simmer until shrimp and fish are opaque but still moist-looking in the center of thickest part (cut to test), 3 to 4 minutes. Stir in cilantro. Spoon quinoa onto rimmed plates; top with stew.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:15.4, Inflammation Score:-8, Nutrition Score:34.483913421631%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg

Nutrients (% of daily need)

Calories: 438.11kcal (21.91%), Fat: 7.99g (12.29%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 53.15g (17.72%), Net Carbohydrates: 44g (16%), Sugar: 14.56g (16.17%), Cholesterol: 231.33mg (77.11%), Sodium: 758.12mg (32.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.78g (85.55%), Copper: 1.63mg (81.3%), Manganese: 1.27mg (63.55%), Phosphorus: 614.47mg (61.45%), Selenium: 41.25µg (58.93%), Vitamin C: 47.98mg (58.16%), Potassium: 1682.6mg (48.07%), Magnesium: 181.44mg (45.36%), Vitamin B6: 0.81mg (40.41%), Fiber: 9.15g (36.58%), Vitamin B3: 6.89mg (34.47%), Iron: 6.19mg (34.38%), Vitamin E: 4.69mg (31.29%), Folate: 107.19µg (26.8%), Vitamin B1: 0.38mg (25.56%), Zinc: 3.74mg (24.91%), Vitamin B2: 0.42mg (24.7%), Vitamin B12: 1.26µg (21.07%), Calcium: 188.51mg (18.85%), Vitamin K: 19.29µg (18.37%), Vitamin A: 704.73IU (14.09%), Vitamin B5: 1.31mg (13.11%), Vitamin D: 1.76µg (11.72%)