



## Spicy Tilapia and Fennel Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce bottled clam juice
- 1 large fennel bulb with stalks
- 3 garlic cloves minced
- 2 cups bottled arrabbiata sauce (such as Rao's)
- 1 pound tilapia fillets cut into 1-inch pieces
- 0.5 cup water

### Equipment

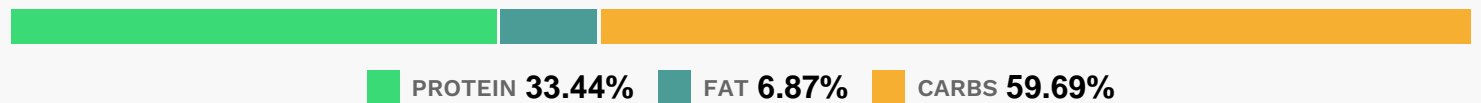
- bowl

- frying pan
- dutch oven

## Directions

- Trim tough outer leaves from fennel; mince feathery fronds to measure 2 tablespoons.
- Remove and discard the stalks.
- Cut fennel bulb in half lengthwise; discard core. Thinly slice fennel bulb.
- Heat a large Dutch oven over medium–high heat. Coat pan with cooking spray.
- Add sliced fennel; cook 1 minute, stirring frequently. Reduce heat to medium; cover and cook 4 minutes or until fennel is crisp–tender.
- Add garlic to pan; cook 1 minute, stirring frequently.
- Add arrabbiata sauce, 1/2 cup water, and clam juice to pan; simmer 5 minutes.
- Add tilapia to pan; cover and simmer 4 minutes or until done. Divide stew among 4 bowls, and sprinkle evenly with the reserved fennel fronds.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:14.93652187223%

## Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 301.88kcal (15.09%), Fat: 2.29g (3.52%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 42.61g (15.5%), Sugar: 31.52g (35.03%), Cholesterol: 56.7mg (18.9%), Sodium: 1716.03mg (74.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.09%), Selenium: 48.36µg (69.08%), Vitamin K: 38.36µg (36.54%), Vitamin B12: 1.81µg (30.14%), Vitamin B3: 4.95mg (24.74%), Vitamin D: 3.52µg (23.44%), Phosphorus: 231.71mg (23.17%), Potassium: 644.14mg (18.4%), Vitamin B6: 0.27mg (13.68%), Vitamin C: 10.56mg (12.8%), Folate: 47.61µg (11.9%), Magnesium: 44.26mg (11.06%), Manganese: 0.21mg (10.47%), Fiber: 2.09g (8.35%), Copper: 0.15mg (7.58%), Vitamin B5: 0.75mg (7.48%), Iron: 1.19mg (6.59%), Vitamin B2: 0.1mg (5.85%), Vitamin E:

0.86mg (5.71%), Calcium: 49.5mg (4.95%), Vitamin B1: 0.07mg (4.58%), Zinc: 0.57mg (3.77%), Vitamin A: 163.07IU (3.26%)