



White Seafood Brodetto

READY IN



55 min.

SERVINGS



6

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound calamari separated sliced into rings
- ☐ 6 servings top toasted for serving
- ☐ 0.8 cup cooking wine dry white
- ☐ 6 servings flour all-purpose for dredging
- ☐ 0.5 cup parsley fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 pound manila clams scrubbed 24

- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 large onion sliced
- ☐ 1 teaspoon pepper flakes red
- ☐ 1 pound shrimp deveined peeled
- ☐ 1.5 pounds equal sizes of swordfish dark trimmed cut into 1 1/2-inch cubes
- ☐ 3 tablespoons butter unsalted

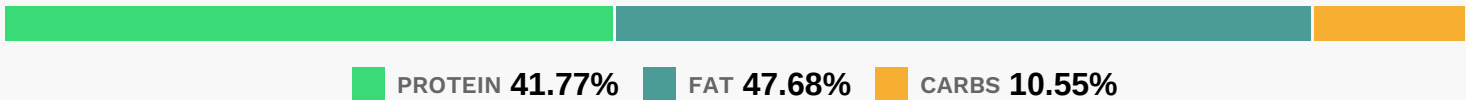
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Season the swordfish with salt.
- ☐ Pour some flour on a plate and dredge the swordfish in the flour.
- ☐ Heat 3 tablespoons olive oil in a large Dutch oven over medium-high heat. Working in batches, cook the swordfish until golden on all sides, about 4 minutes.
- ☐ Transfer to a plate.
- ☐ Reduce the heat to medium; add the remaining 2 tablespoons olive oil to the pot.
- ☐ Add the garlic, onion and red pepper flakes and cook about 3 minutes. Season with salt and add the wine. Cover and cook, stirring a few times, until the onion is tender, about 5 more minutes.
- ☐ Add the seafood to the pot in layers, starting with the clams, then the shrimp, calamari rings and tentacles, and the swordfish. Cover and cook until the clams have just opened, about 6 minutes. Lightly stir, cover again and simmer 5 more minutes. Discard any clams that do not open. Stir in the butter, parsley, vinegar and salt to taste.
- ☐ Serve with bread.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:5.52, Inflammation Score:-8, Nutrition Score:36.828695369803%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 531.94kcal (26.6%), Fat: 26.64g (40.99%), Saturated Fat: 7.43g (46.47%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 12.29g (4.47%), Sugar: 1.51g (1.67%), Cholesterol: 391.15mg (130.38%), Sodium: 434.1mg (18.87%), Alcohol: 3.09g (100%), Alcohol %: 1.05% (100%), Protein: 52.51g (105.02%), Selenium: 105.84µg (151.2%), Vitamin D: 15.87µg (105.78%), Copper: 1.82mg (90.83%), Vitamin K: 90.29µg (85.99%), Vitamin B12: 4.2µg (70.06%), Phosphorus: 671.51mg (67.15%), Vitamin B3: 11.16mg (55.8%), Vitamin B6: 0.75mg (37.25%), Vitamin E: 5.3mg (35.3%), Potassium: 978.75mg (27.96%), Vitamin B2: 0.44mg (25.96%), Magnesium: 97.86mg (24.46%), Zinc: 3.22mg (21.45%), Vitamin A: 890.69IU (17.81%), Vitamin C: 12.72mg (15.41%), Iron: 2.55mg (14.15%), Vitamin B1: 0.19mg (12.69%), Manganese: 0.25mg (12.43%), Calcium: 106.75mg (10.67%), Vitamin B5: 0.91mg (9.15%), Folate: 34.58µg (8.65%), Fiber: 0.97g (3.89%)