

# Keto Cioppino Italian Seafood Stew

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/cioppino-italian-seafood-stew-recipe>

## Ingredients:

- 2 tablespoons olive oil extra virgin
- 2 tablespoons butter
- 1 onion diced
- 2 stalks celery sliced
- 1 carrot sliced
- sea salt unchecked?
- 5 cloves garlic minced
- 2 cups white wine
- 28 ounces crushed tomatoes gluten free
- 1 1/2 cups fish stock clam juice
- 1 teaspoon Old Bay Seasoning
- 1 teaspoon oregano dried
- 1/2 teaspoon red pepper flakes
- 1 teaspoon Worcestershire sauce
- 1 tablespoon anchovy paste
- 2 teaspoons lemon juice
- 8 ounces cod or Halibut, cut into 2 inch pieces
- 3/4 pound shrimp peeled and deveined, 16-20 size
- 1 pound mussels
- 12 clams
- 2 tablespoons basil fresh, chopped

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 230 milligrams
4. Fat: 19 grams

5. Fiber: 5 grams
  6. Protein: 53 grams
  7. SaturatedFat: 4.5 grams
  8. Sodium: 1570 milligrams
  9. Sugar: 3 grams
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