

Italian Seafood Stew

Yield: 6 min

Total Time: 105 min

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

Ingredients:

- 1/3 cup olive oil
- 1 fennel bulb Finely Chopped
- 1 onion Small, Finely Chopped
- 3 garlic cloves Minced
- pinch red pepper flakes
- 1 pound squid Medium Sized Cleaned Squid, Bodies Cut Into 1/2 Inch Rings, Tentacles Halved
- 2 cups dry white wine
- 28 ounces San Marzano tomatoes 1 can, Crushed
- 1 lemon zest
- salt
- pepper to taste
- 1 tablespoon oregano Dried Sicilian
- 2 cups water
- 1 cup seafood stock
- 12 ounces mussels Cleaned
- 12 ounces littleneck clams
- 12 ounces medium shrimp Cleaned & Deveined
- 12 ounces fish Firm Fleshed, Such As Grouper, Halibut, Striped Bass, or Cod Cut Into 1 1/2-inch Pieces
- 2 lobster tails Medium, Flesh Removed From Shells & Cut Into Bite-Sized Pieces
- 3 tablespoons fresh parsley
- 1 lemon zest
- 1 large garlic clove Peeled

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 380 milligrams
4. Fat: 21 grams

5. Fiber: 5 grams
 6. Protein: 61 grams
 7. SaturatedFat: 2.5 grams
 8. Sodium: 720 milligrams
 9. Sugar: 6 grams
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