

# Cioppino with Toasted Baguette

Yield: 7 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-curry-crab-legs-recipe>

## Ingredients:

- 1 baguette
- 5 tablespoons olive oil 3 fl. oz./80 ml.
- 1 yellow onion large, chopped
- 6 cloves garlic minced
- 1/4 teaspoon red pepper flakes or to taste
- 28 ounces diced tomatoes
- 1 bottle clam juice 8 fl. oz./250 ml.
- 1 cup dry white wine 8 fl. oz./250 ml.
- 1/4 cup fresh flat leaf parsley chopped, plus more for garnish
- 2 tablespoons fresh basil chopped
- 8 mussels scrubbed and debearded
- 24 cherrystone clams or littleneck, scrubbed
- 8 sea scallops
- 8 large shrimp shell-on
- 1 pound crab legs thawed if frozen, cracked

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 80 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 710 milligrams
9. Sugar: 9 grams

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