



## Christmas Seafood Salad (Capon Magro)

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 beets cooked cut into 6 to 8 wedges
- 1 teaspoon pepper black freshly ground
- 12.3 inch thick bread country-style toasted (such as Pan Rustique)
- 6 medium carrots peeled sliced
- 1.8 pound cauliflower cut into florets ( 4 cups)
- 1.3 pounds clams such as manilla, scrubbed
- 1.3 pounds filets cut into 1 1/2-inch cubes
- 0.5 cup cooking wine dry white

- 2 teaspoons rosemary leaves fresh minced
- 3 large cloves garlic minced peeled smashed
- 12 ounces green beans trimmed halved
- 1 tablespoon kosher salt
- 1 teaspoon kosher salt
- 1.5 teaspoons juice of lemon fresh ( )
- 6 servings lemon wedges
- 1 lemon zest
- 1 cup olive oil extra-virgin
- 1.3 pounds shrimp deveined peeled
- 0.3 cup citrus champagne vinegar

## Equipment

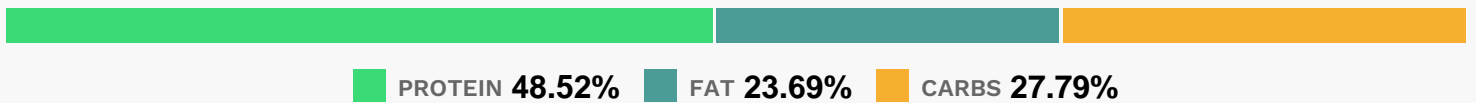
- bowl
- whisk
- pot
- slotted spoon

## Directions

- Watch how to make this recipe.
- Whisk the vinegar, rosemary, lemon juice, garlic and lemon zest in a medium bowl until blended. Gradually whisk in the oil, salt and pepper.
- Add enough cold water to a heavy large pot to reach a depth of 2 inches. Bring the water to a boil over medium-high heat and add the salt.
- Add the green beans, carrots and cauliflower. Cook until crisp-tender, 5 minutes. Using a slotted spoon, remove the vegetables and place in a bowl to cool.
- Add the wine to the vegetable cooking water. Adjust the heat so the liquid is barely simmering.
- Add the cod and simmer until cooked through, about 5 minutes. Using a slotted spoon, remove the cod and set aside.

- Add the clams and shrimp to the pot. Cover and cook until all the clams have opened and the shrimp are cooked through and opaque in the center, 4 to 5 minutes. Discard any unopened clams.
- Remove the pot from the heat.
- To assemble the salad: Arrange the carrots, green beans and cauliflower on a large platter. Arrange the shrimp, clams and cod on top.
- Drizzle with half of the dressing. Arrange the lemon wedges and beets around the edge of the platter
- Serve the cappon magro with toasted bread and the remaining dressing alongside.

## Nutrition Facts



### Properties

Glycemic Index:62.83, Glycemic Load:7.83, Inflammation Score:-10, Nutrition Score:34.661739307901%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

### Nutrients (% of daily need)

Calories: 364.32kcal (18.22%), Fat: 9.43g (14.51%), Saturated Fat: 1.51g (9.47%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 17.39g (6.32%), Sugar: 10.64g (11.83%), Cholesterol: 197.03mg (65.68%), Sodium: 1866.23mg (81.14%), Alcohol: 2.06g (100%), Alcohol %: 0.45% (100%), Protein: 43.45g (86.91%), Vitamin A: 10679.57IU (213.59%), Vitamin C: 80.09mg (97.08%), Vitamin K: 58.38µg (55.6%), Selenium: 38.87µg (55.53%), Phosphorus: 554.25mg (55.43%), Potassium: 1532mg (43.77%), Vitamin B12: 2.46µg (41.03%), Folate: 162.99µg (40.75%), Manganese: 0.77mg (38.56%), Vitamin B6: 0.71mg (35.33%), Magnesium: 122.77mg (30.69%), Fiber: 7.5g (30%), Copper: 0.57mg (28.7%), Vitamin B3: 4.16mg (20.78%), Vitamin B1: 0.27mg (17.78%), Zinc: 2.66mg (17.72%), Iron: 3.16mg (17.56%), Calcium: 174.03mg (17.4%), Vitamin E: 2.52mg (16.77%), Vitamin B2: 0.28mg (16.29%), Vitamin B5: 1.48mg (14.78%), Vitamin D: 0.85µg (5.67%)