



Conch Salad Cocktail

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



67 kcal

SALAD

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 1 large jalapeño minced seeded
- ☐ 4 juice of lime for serving cut into wedges,
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup olive oil

- ☐ 1 orange bell pepper diced yellow
- ☐ 0.3 cup red-wine vinegar
- ☐ 12 servings saltines white for serving
- ☐ 2 tablespoons shallots minced peeled
- ☐ 3 medium tomatoes diced
- ☐ 3 pounds conch frozen cleaned cooked
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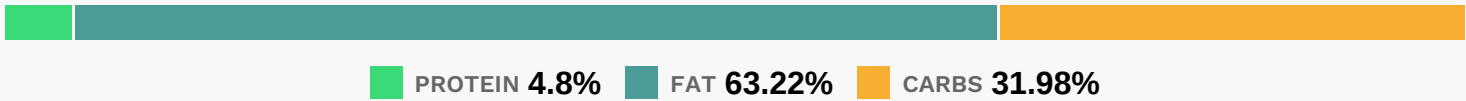
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl filled with cold water, thaw the conch.
- ☐ Drain the defrosted conch then chop the conch into roughly 1/2-inch pieces and transfer to a large bowl.
- ☐ In a small sauté pan over moderately high heat, heat the oil for 1 minute.
- ☐ Add the shallots and sauté, stirring constantly, until golden, 1 to 2 minutes.
- ☐ Let cool.
- ☐ When the oil is cool, drizzle over the conch.
- ☐ Add the tomatoes, bell pepper, jalapeño, parsley, cilantro, lime juice, vinegar, salt, black pepper, and cayenne pepper, and toss to combine. Cover and refrigerate at least 1 hour. DO AHEAD: The conch salad can be prepared ahead and stored, covered in the refrigerator, up to 1 day.
- ☐ Serve the chilled conch salad in cocktail glasses or fruit dishes, with lime wedges and white crackers alongside.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:5.2195652899859%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 67.05kcal (3.35%), Fat: 4.9g (7.54%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 4.63g (1.68%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 613.4mg (26.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 23.26mg (28.2%), Vitamin K: 28.82µg (27.45%), Vitamin A: 748.6IU (14.97%), Vitamin E: 1.12mg (7.44%), Manganese: 0.13mg (6.52%), Folate: 17.33µg (4.33%), Potassium: 135.4mg (3.87%), Fiber: 0.94g (3.78%), Vitamin B6: 0.08mg (3.76%), Vitamin B1: 0.04mg (2.91%), Iron: 0.5mg (2.78%), Vitamin B3: 0.54mg (2.68%), Magnesium: 8.21mg (2.05%), Vitamin B2: 0.03mg (2.04%), Copper: 0.04mg (1.85%), Phosphorus: 17.78mg (1.78%), Calcium: 10.75mg (1.07%), Vitamin B5: 0.11mg (1.05%)