



Conch Salad, Man!



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 haas avocados diced ripe
- ☐ 0.5 cucumber minced peeled (hothouse)
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 jalapeno minced stemmed seeded
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 bell pepper red minced
- ☐ 0.3 onion red minced
- ☐ 0.5 cup tomatoes fresh diced
- ☐ 0.5 bell pepper yellow minced
- ☐ 1 pound frangelico fresh diced cleaned
- ☐ 1 pound frangelico fresh diced cleaned

Equipment

- ☐ bowl

Directions

- ☐ Combine all of the ingredients except the tomato and avocado in a large bowl. Stir and refrigerate for at least 2 hours to allow the flavors to develop.
- ☐ To serve, fold in the tomato and avocado.
- ☐ Transfer to 4 chilled glasses or serving bowls.
- ☐ Those of us who have lived in South Florida for some time may remember when conch, freshly harvested from the sea, was readily available in grocery stores and fish markets. My first recollection of conch was watching young boys pulling them up onto the pier at Higgs Beach in Key West. A few weeks later, I learned to prepare a truly authentic Bahamian-style conch chowder using giant conch, or *Strombus gigas* Linnaeus, a mollusk that possesses a large "foot." They meander around on the ocean floor like aquatic peg-leg pirates, "jumping" and rotating to get food. The Bahamians taught us many ways to use this tasty creature and you can still sample fresh conch fritters, cracked conch, conch chowder and even conch carpaccio in Key West. If conch is unavailable, you may easily substitute shrimp in this salad recipe.
- ☐ From My Key West Kitchen: Recipes and Stories by Norman Van Aken and Justin Van Aken. Text © 2012 by Norman Van Aken; photographs © 2012 by Penny De Los Santos. Published in 2012 by Kyle Books.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.56, Inflammation Score:-7, Nutrition Score:8.6204349463401%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 3.61mg, Hesperetin: 3.61mg, Hesperetin: 3.61mg, Hesperetin: 3.61mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 112kcal (5.6%), Fat: 9.09g (13.99%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 6g (2.18%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 1748.51mg (76.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin C: 68.93mg (83.55%), Vitamin A: 775.79IU (15.52%), Vitamin K: 12.8µg (12.19%), Vitamin E: 1.78mg (11.85%), Folate: 38.14µg (9.54%), Vitamin B6: 0.17mg (8.51%), Fiber: 2.08g (8.3%), Potassium: 286.16mg (8.18%), Manganese: 0.12mg (6.11%), Copper: 0.1mg (4.79%), Magnesium: 17.8mg (4.45%), Vitamin B5: 0.42mg (4.22%), Vitamin B1: 0.06mg (4.09%), Vitamin B3: 0.75mg (3.77%), Phosphorus: 33.55mg (3.36%), Vitamin B2: 0.06mg (3.35%), Iron: 0.46mg (2.54%), Zinc: 0.28mg (1.85%), Calcium: 17.72mg (1.77%)