



Frutti di Mare Seafood Salad



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 pound bay scallops
- ☐ 0.5 pound calamari cut into rings
- ☐ 2 celery stalks
- ☐ 1 cup chicken stock see
- ☐ 0.5 cup chives
- ☐ 1 pound clams in shell
- ☐ 12 juice of lemon

- ☐ 0.3 cup olive oil to taste
- ☐ 1 small onion roughly chopped
- ☐ 1 large orange bell pepper yellow
- ☐ 1 teaspoon cracked pepper black
- ☐ 2 teaspoons salt
- ☐ 6 servings salt and pepper black to taste
- ☐ 1 pound cocktail shrimp
- ☐ 1 pound tomatoes
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve

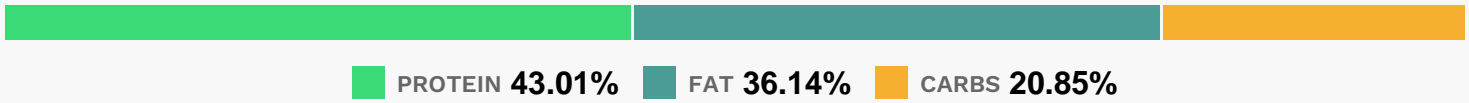
Directions

- ☐ Put all the poaching broth ingredients together in a medium pot, cover and bring to a boil. Turn off the heat to let the flavors steep while you cut the veggies.² While the poaching broth is steeping, dice the yellow pepper, seed and dice the tomatoes and slice the celery stalks very thin. Chop the chives. Juice the lemons and remove any seeds.
- ☐ Put the diced peppers, tomatoes and celery into very large bowl. Most cocktail shrimp are pre-cleaned and cooked, so you you can put them in the bowl, too.³ Bring the poaching broth back to a boil and add all the clams. Boil 3–4 minutes, or until the clams all open up. As soon as you see each clam open, fish it out and set it aside.
- ☐ Remove the meat and put in the bowl with the veggies. Turn off the heat and put the scallops in the poaching water. Cover the pot and let stand for 3–4 minutes. Fish out the scallops and put into the bowl.⁴ Bring the broth to a boil once more.
- ☐ Add the calamari rings and boil 30 seconds to 1 minute, then pour the contents of the pot into a strainer set over a bowl. You can save the broth or discard it. Pick out all the calamari rings and add to the bowl. ⁵ To finish, add the olive oil and a little salt and half the lemon juice.
- ☐ Mix well and taste.

☐

Add more olive oil, lemon and salt until you get the flavors you want: The salad should be glistening with oil, briny and tart with lemon. Finally, mix in the chives and chill. This salad is better a few hours after it's made.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:1.54, Inflammation Score:-9, Nutrition Score:21.684347733207%

Flavonoids

Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 269.54kcal (13.48%), Fat: 11.11g (17.09%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 12.37g (4.5%), Sugar: 5.86g (6.51%), Cholesterol: 223.46mg (74.49%), Sodium: 1302.52mg (56.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.76g (59.51%), Vitamin C: 73.28mg (88.82%), Copper: 1.15mg (57.3%), Phosphorus: 441.07mg (44.11%), Vitamin B12: 2.31µg (38.43%), Selenium: 26.32µg (37.6%), Vitamin A: 1693.18IU (33.86%), Potassium: 751.18mg (21.46%), Vitamin K: 20.92µg (19.92%), Vitamin E: 2.79mg (18.57%), Magnesium: 71.13mg (17.78%), Zinc: 2.34mg (15.6%), Vitamin B2: 0.25mg (15%), Folate: 52.73µg (13.18%), Vitamin B6: 0.26mg (13.15%), Vitamin B3: 2.58mg (12.88%), Manganese: 0.25mg (12.74%), Calcium: 94.9mg (9.49%), Iron: 1.62mg (8.98%), Fiber: 2.06g (8.23%), Vitamin B1: 0.09mg (6.11%), Vitamin B5: 0.55mg (5.53%)