



Gazpacho and Seafood Cocktail with Flavored Popcorn

 Gluten Free  Dairy Free

READY IN



53 min.

SERVINGS



8

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup celery diced finely (2 medium stalks)
- 6.5 ounces bottled clam juice canned
- 1 cup cucumber diced peeled seeded finely (1 medium)
- 0.3 cup cooking wine dry white
- 1 cup fennel bulb diced finely ()
- 2 tablespoons fennel fronds finely chopped
- 1 tablespoon basil leaves fresh finely chopped

- 1 tablespoon garlic minced
- 8 servings coarsely ground pepper fresh black
- 8 ounces halibut fillet cut into 1/2-inch pieces
- 2 tablespoons jalapeño minced seeded
- 2 tablespoons juice of lemon fresh
- 0.5 cup popping corn
- 3 tablespoons olive oil extra-virgin
- 8 servings drizzle olive oil
- 2 tablespoons parsley leaves fresh italian finely chopped
- 0.5 cup onion diced red finely ()
- 8 servings salt
- 8 servings gray salt
- 1 tablespoon sherry vinegar
- 8 ounces shrimp peeled cut into 1-inch pieces
- 3 cups tomato vegetable juice blend
- 1 pint tiny sweet ripe quartered (preferably 100s)

Equipment

- bowl
- frying pan
- slotted spoon

Directions

- Pop the popcorn, season it with a drizzle of olive oil and salt, and set aside.
- In a bowl, combine the tomato juice, lemon juice, fennel, cucumber, onion, celery, salt and pepper, to taste.
- Place it in the refrigerator to chill.
- In a 10-inch skillet over high heat, warm 2 tablespoons olive oil. Season the halibut with salt and pepper, to taste.

- Add the halibut to the pan and cook, without stirring, until the halibut is browned on 1 side, about 2 to 3 minutes. Stir the halibut briefly and cook for 30 seconds longer.
- Remove the halibut with a slotted spoon.
- Add remaining 1 tablespoon olive oil to the pan. When the oil is hot, add the garlic and cook until light brown, stirring.
- Add the jalapeno and cook for 15 seconds, stirring.
- Add the shrimp and season with salt and pepper. Stir and cook until barely done, about 1 1/2 minutes.
- Add the clam juice and wine; bring the mixture to a boil and cook for about 30 seconds.
- Remove the shrimp from the pan. Continue until the liquid is reduced by half. Return the halibut and shrimp to the pan and stir to coat them with the liquid.
- Remove the pan from the heat and allow the mixture to cool.
- When you are ready to serve, stir the tomatoes, fennel fronds, parsley, basil, and vinegar into the chilled tomato juice and vegetables. Spoon the tomato mixture into bowls and top with the cooled seafood mixture.
- Garnish with a handful of popcorn.

Nutrition Facts



■ **PROTEIN 18.34%**
■ **FAT 63.8%**
■ **CARBS 17.86%**

Properties

Glycemic Index:66.59, Glycemic Load:2.24, Inflammation Score:-8, Nutrition Score:14.089999986731%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.35mg, Apigenin: 2.35mg, Apigenin: 2.35mg, Apigenin: 2.35mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 286.5kcal (14.32%), Fat: 20.21g (31.1%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 10.39g (3.78%), Sugar: 6.87g (7.64%), Cholesterol: 59.53mg (19.84%), Sodium: 707.91mg (30.78%), Alcohol: 0.77g (100%), Alcohol %: 0.31% (100%), Protein: 13.07g (26.14%), Vitamin C: 52.31mg (63.41%), Vitamin K: 43.85µg (41.76%), Vitamin A: 1289.38IU (25.79%), Vitamin E: 3.58mg (23.87%), Selenium: 13.73µg (19.62%), Potassium: 670.77mg (19.16%), Phosphorus: 168.82mg (16.88%), Vitamin B6: 0.29mg (14.27%), Vitamin B3: 2.44mg (12.19%), Copper: 0.21mg (10.36%), Manganese: 0.2mg (9.76%), Fiber: 2.34g (9.36%), Vitamin D: 1.33µg (8.88%), Magnesium: 32.51mg (8.13%), Iron: 1.34mg (7.45%), Folate: 27.05µg (6.76%), Calcium: 63.42mg (6.34%), Vitamin B12: 0.32µg (5.31%), Zinc: 0.72mg (4.83%), Vitamin B1: 0.06mg (3.93%), Vitamin B5: 0.33mg (3.27%), Vitamin B2: 0.05mg (2.74%)