



Geoduck and Mushroom Salad



Gluten Free



Dairy Free

READY IN



61 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 teaspoon freshly chives chopped



1 teaspoon freshly cilantro leaves chopped



1 small geoduck clam



1 cup mushrooms fresh assorted sliced



1 tablespoon hot sauce to taste (recommended: Tabasco)



0.1 cup mangos fresh chopped



0.1 cup olive oil



1 small onion red sliced

- ☐ 0.1 cup rice wine vinegar
- ☐ 3 cups romaine lettuce chopped per serving)
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 teaspoon mustard stone-ground

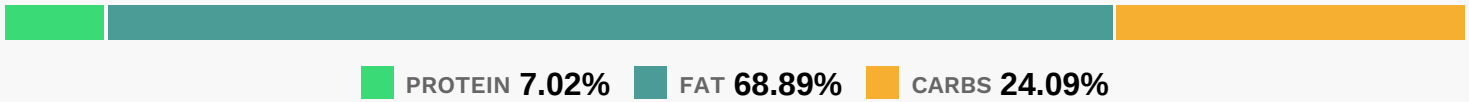
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ To cook the geoduck, remove the siphon (the neck part) from the shell. Bring a medium pot of salted water to a boil, add the geoduck and cook for about 20 seconds. Immediately immerse in iced water.
- ☐ Drain and remove the outer skin and discard.
- ☐ Cut in half lengthwise and thinly slice on a bias (the thinner the better as it will marinate and pick up more flavor). In a stainless steel bowl mix together the prepared geoduck, onions, and mushrooms. Cover and set aside in refrigerator for about 20 minutes.
- ☐ In a small bowl add the oil, rice wine vinegar and mustard and combine well. Adjust the seasoning with salt and pepper, to taste. At this point carefully add hot sauce to your liking. (Remember the more you add the hotter it gets.) To finish, add a little dressing to the geoduck salad and let marinate for a further 20 minutes in the refrigerator.
- ☐ Toss the chopped romaine lettuce, chives, cilantro and mango in a serving bowl and top with the geoduck salad.

Nutrition Facts



Properties

Glycemic Index:50.29, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:5.9865217493928%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 58.78kcal (2.94%), Fat: 4.7g (7.23%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.9g (2.11%), Cholesterol: 0mg (0%), Sodium: 70.71mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin A: 2097.69IU (41.95%), Vitamin K: 27.65µg (26.33%), Folate: 40.05µg (10.01%), Vitamin C: 5.62mg (6.81%), Vitamin B2: 0.09mg (5.24%), Vitamin E: 0.72mg (4.82%), Manganese: 0.09mg (4.54%), Fiber: 1.09g (4.37%), Potassium: 148.05mg (4.23%), Copper: 0.08mg (3.82%), Vitamin B3: 0.71mg (3.54%), Vitamin B6: 0.06mg (3.24%), Vitamin B5: 0.31mg (3.09%), Selenium: 2.01µg (2.87%), Phosphorus: 28.24mg (2.82%), Vitamin B1: 0.04mg (2.79%), Iron: 0.42mg (2.31%), Magnesium: 7.72mg (1.93%), Calcium: 14.51mg (1.45%), Zinc: 0.18mg (1.21%)