



Grilled Mixed-Seafood Salad

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb equal sizes of swordfish
- 14 oz artichoke hearts drained canned
- 1 small bunch arugula
- 0.3 cup balsamic vinegar
- 12 cherry tomatoes
- 1 tablespoon dijon mustard
- 1 medium fennel bulb
- 1 tablespoon thyme sprigs dried fresh chopped

- 12 olives pitted ripe
- 0.5 small onion red thinly sliced
- 10 leaves the of 1 cos lettuce shredded
- 0.3 teaspoon salt
- 1 tablespoon shallots finely chopped
- 12 large shrimp deveined uncooked peeled
- 0.5 cup vegetable oil
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- grill

Directions

- In small bowl, mix all vinaigrette ingredients until well blended.
- In shallow glass or plastic bowl, place fish steaks, shrimp and 1/4 cup of the vinaigrette; turn fish and shrimp to coat with marinade. Cover and refrigerate 1 hour. Reserve remaining vinaigrette.
- Heat coals or gas grill for direct heat.
- Remove fish and shrimp from marinade; reserve marinade. Cover and grill fish and fennel over medium heat 5 minutes; brush with marinade.
- Add shrimp.
- Cover and grill 5 to 15 minutes, turning and brushing fish, fennel and shrimp with marinade 2 or 3 times, until shrimp are pink and firm, fish flakes easily with fork and fennel is tender. Discard any remaining marinade.
- Arrange romaine and arugula on serving platter.
- Cut fish into bite-size pieces. Arrange fish, shrimp, fennel and remaining ingredients on romaine mixture.
- Serve with remaining vinaigrette.

Nutrition Facts

PROTEIN 37.46% FAT 40.69% CARBS 21.85%

Properties

Glycemic Index:43.5, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:27.880434907001%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 6.64mg, Kaempferol: 6.64mg, Kaempferol: 6.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 233.57kcal (11.68%), Fat: 10.48g (16.13%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 8.17g (2.97%), Sugar: 6.02g (6.69%), Cholesterol: 82.1mg (27.37%), Sodium: 614.83mg (26.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.71g (43.42%), Vitamin A: 4909.71IU (98.19%), Vitamin K: 100.76µg (95.96%), Vitamin D: 10.51µg (70.05%), Selenium: 45.07µg (64.38%), Vitamin B3: 6.57mg (32.84%), Phosphorus: 298.72mg (29.87%), Vitamin B6: 0.53mg (26.45%), Folate: 101.45µg (25.36%), Vitamin C: 19.84mg (24.05%), Potassium: 836.18mg (23.89%), Vitamin B12: 1.29µg (21.42%), Vitamin E: 2.7mg (17.99%), Fiber: 4.49g (17.96%), Manganese: 0.32mg (16.08%), Magnesium: 60.69mg (15.17%), Iron: 2.06mg (11.43%), Copper: 0.22mg (11.1%), Calcium: 101.38mg (10.14%), Vitamin B1: 0.13mg (8.46%), Zinc: 1.16mg (7.74%), Vitamin B2: 0.12mg (6.94%), Vitamin B5: 0.58mg (5.78%)