



## Grilled Seafood Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 cups arugula leaves
- 15 ounce beans white rinsed drained canned (cannellini)
- 2 carrots peeled cut into thin strips
- 1 teaspoon thyme leaves fresh chopped
- 2 garlic cloves coarsely chopped
- 0.3 cup juice of lemon fresh
- 1 teaspoon marjoram leaves fresh chopped
- 0.5 cup olive oil

- 1 tablespoon parsley leaves fresh italian chopped
- 1 large head radicchio thinly separated
- 4 servings salt and pepper black freshly ground
- 12 ounces sea scallops
- 12 ounces squid rings
- 0.5 bell pepper yellow cut into thin strips

## Equipment

- bowl
- frying pan
- paper towels
- whisk
- grill
- skewers

## Directions

- Watch how to make this recipe.
- Heat the oil in a heavy medium skillet over medium-low heat.
- Add the garlic, let it cook for 1 to 2 minutes and then add the herbs and saute until fragrant, about 30 seconds. Cool to room temperature.
- Whisk in the lemon juice. Season the dressing with salt and pepper, to taste.
- Prepare the barbecue (medium-high heat). Pat the scallops and squid dry with paper towels and thread them onto skewers.
- Brush them with 2 tablespoons of the dressing.
- Sprinkle with salt and pepper. Grill the scallops and squid until just cooked through, turning once, 2 to 3 minutes per side. Cool completely.
- Cut the squid crosswise into 1/4-inch-wide rings.
- Combine the arugula, carrots, bell peppers, and cannellini beans in a large bowl. Toss with 1/2 cup of the dressing to coat.

Place 1 large or 2 medium radicchio leaves on each of 4 plates. Spoon the bean salad into the radicchio cups. Top with the scallops and squid.

Drizzle the remaining dressing over the seafood and serve.

## Nutrition Facts

**PROTEIN 37.6%** **FAT 19.67%** **CARBS 42.73%**

### Properties

Glycemic Index:70.21, Glycemic Load:6.76, Inflammation Score:-10, Nutrition Score:40.645652149035%

### Flavonoids

Cyanidin: 111.12mg, Cyanidin: 111.12mg, Cyanidin: 111.12mg, Cyanidin: 111.12mg Delphinidin: 6.72mg, Delphinidin: 6.72mg, Delphinidin: 6.72mg, Delphinidin: 6.72mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 33.69mg, Luteolin: 33.69mg, Luteolin: 33.69mg, Luteolin: 33.69mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.56mg, Kaempferol: 10.56mg, Kaempferol: 10.56mg, Kaempferol: 10.56mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 30.25mg, Quercetin: 30.25mg, Quercetin: 30.25mg, Quercetin: 30.25mg

### Nutrients (% of daily need)

Calories: 356.72kcal (17.84%), Fat: 7.88g (12.13%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 30.97g (11.26%), Sugar: 3.3g (3.67%), Cholesterol: 218.57mg (72.86%), Sodium: 425.97mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.84%), Vitamin K: 283.18µg (269.7%), Vitamin A: 6002.92IU (120.06%), Copper: 2.24mg (111.85%), Selenium: 51.88µg (74.11%), Vitamin C: 53.13mg (64.4%), Phosphorus: 638.4mg (63.84%), Manganese: 0.92mg (45.98%), Folate: 183.12µg (45.78%), Potassium: 1402.13mg (40.06%), Vitamin B12: 2.3µg (38.41%), Magnesium: 134.69mg (33.67%), Vitamin E: 4.98mg (33.19%), Fiber: 7.56g (30.26%), Iron: 5.41mg (30.03%), Vitamin B2: 0.48mg (28.33%), Zinc: 4.09mg (27.29%), Calcium: 193.82mg (19.38%), Vitamin B6: 0.36mg (17.84%), Vitamin B3: 3.37mg (16.83%), Vitamin B5: 1.32mg (13.16%), Vitamin B1: 0.18mg (12.29%)