



Grilled Seafood Salad

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

READY IN



60 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 3 tablespoons vegetable oil
- 2 tablespoons citrus champagne vinegar
- 1 tablespoon shallots finely chopped
- 1 tablespoon thyme leaves dried fresh chopped
- 1 tablespoon dijon mustard
- 1 tablespoon water
- 0.3 teaspoon salt

- 12 large shrimp frozen thawed deveined uncooked peeled (if)
- 1 lb equal sizes of swordfish
- 1 medium fennel bulb cut into wedges
- 10 cups the salad mixed
- 0.5 small onion red thinly sliced
- 12 cherry tomatoes cut in half
- 12 olives pitted ripe

Equipment

- grill

Directions

- In tightly covered container, shake vinaigrette ingredients.
- Place shrimp and fish in shallow glass or plastic dish or heavy-duty resealable plastic food-storage bag.
- Add 1/4 cup of the vinaigrette; turn shrimp and fish to coat. Cover dish or seal bag; refrigerate 30 minutes. Reserve remaining vinaigrette.
- Heat gas or charcoal grill.
- Remove shrimp and fish from marinade; reserve marinade and set shrimp aside.
- Place fish and fennel on grill over medium heat. Cover grill; cook 5 minutes.
- Brush fish and fennel with marinade; add shrimp. Cover grill; cook 5 minutes, turning and brushing fish, fennel and shrimp with marinade 2 or 3 times, until shrimp are pink, fish flakes easily with fork and fennel is tender. Discard any remaining marinade.
- Arrange salad greens on serving platter.
- Cut fish into bite-size pieces. Arrange fish, fennel, shrimp and remaining salad ingredients on greens.
- Serve with reserved vinaigrette.

Nutrition Facts



■ PROTEIN 34.25% ■ FAT 49.35% ■ CARBS 16.4%

Properties

Glycemic Index:38.17, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:21.029565458712%

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: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 244.32kcal (12.22%), Fat: 13.43g (20.66%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 7.85g (2.85%), Sugar: 4.57g (5.07%), Cholesterol: 82.1mg (27.37%), Sodium: 379.22mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.95%), Vitamin D: 10.51µg (70.05%), Selenium: 45.09µg (64.42%), Vitamin C: 30.61mg (37.11%), Vitamin K: 38.22µg (36.4%), Vitamin B3: 6.73mg (33.66%), Phosphorus: 300.93mg (30.09%), Vitamin B6: 0.53mg (26.7%), Vitamin A: 1155.47IU (23.11%), Potassium: 766.08mg (21.89%), Vitamin B12: 1.29µg (21.42%), Vitamin E: 2.82mg (18.77%), Manganese: 0.29mg (14.34%), Magnesium: 52.66mg (13.17%), Folate: 44.38µg (11.09%), Copper: 0.22mg (10.95%), Iron: 1.75mg (9.72%), Fiber: 2.19g (8.76%), Zinc: 1.11mg (7.37%), Vitamin B1: 0.1mg (7%), Calcium: 64.59mg (6.46%), Vitamin B2: 0.1mg (6.11%), Vitamin B5: 0.51mg (5.09%)