



Grilled Seafood Salad

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb equal sizes of swordfish
- 0.3 cup balsamic vinegar
- 12 cherry tomatoes cut in half
- 1 tablespoon dijon mustard
- 1 medium fennel bulb cut into wedges
- 12 olives pitted ripe
- 0.5 small onion red thinly sliced
- 10 cups the salad mixed

- 0.3 teaspoon salt
- 1 tablespoon shallots finely chopped
- 12 large shrimp frozen thawed deveined uncooked peeled (if)
- 3 tablespoons vegetable oil
- 1 tablespoon water
- 2 tablespoons citrus champagne vinegar

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



Properties

Glycemic Index:30.67, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:20.649130510247%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 243.14kcal (12.16%), Fat: 13.41g (20.63%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 7.73g (2.81%), Sugar: 4.57g (5.07%), Cholesterol: 82.1mg (27.37%), Sodium: 379.12mg (16.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Vitamin D: 10.51µg (70.05%), Selenium: 45.09µg (64.42%), Vitamin K: 38.22µg (36.4%), Vitamin C: 28.75mg (34.84%), Vitamin B3: 6.71mg (33.55%), Phosphorus: 299.69mg (29.97%), Vitamin B6: 0.53mg (26.5%), Vitamin A: 1100.04IU (22%), Potassium: 758.98mg (21.69%), Vitamin B12: 1.29µg (21.42%), Vitamin E: 2.82mg (18.77%), Manganese: 0.27mg (13.33%), Magnesium: 50.8mg (12.7%), Folate: 43.85µg (10.96%), Copper: 0.21mg (10.62%), Iron: 1.55mg (8.59%), Fiber: 2.03g (8.11%), Zinc: 1.08mg (7.23%), Vitamin B1: 0.1mg (6.96%), Calcium: 59.86mg (5.99%), Vitamin B2: 0.1mg (5.79%), Vitamin B5: 0.5mg (5.04%)