



Grilled Seafood Salad Nicoise



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 pound tuna steak cut into 8 pieces



1 teaspoon anchovy paste



1 tablespoon dijon mustard



1 teaspoon thyme leaves fresh finely chopped



2 cloves garlic smashed



0.8 pound haricots verts cooked



12 jumbo shrimp shelled deveined



0.3 cup olive oil

- ☐ 0.5 cup olive oil
- ☐ 8 servings olive oil
- ☐ 0.5 cup niçoise olives pitted
- ☐ 2 bell peppers red quartered
- ☐ 1 leaf lettuce red
- ☐ 0.5 cup red wine vinegar
- ☐ 8 servings salt and pepper freshly ground
- ☐ 12 large sea scallops
- ☐ 0.5 pint cherry tomatoes red yellow sliced in half
- ☐ 1 baby squash yellow cut into 1/ slices

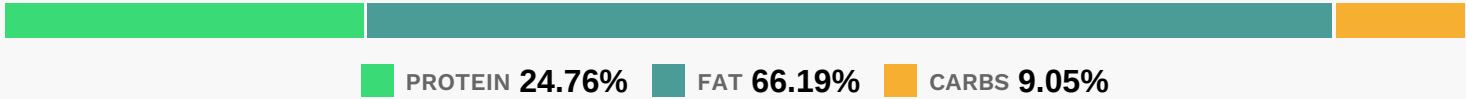
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk all the ingredients together, except oil, until smooth.
- ☐ Slowly drizzle in the olive oil and whisk until combined. Season with salt and pepper to taste.;
- ☐ Brush the tuna, shrimp and scallops with the olive oil and season with salt and pepper to taste. Grill the tuna to rare, grill the shrimp and sea scallops until just cooked through, about 2 to 3 minutes per side.;
- ☐ Vegetables: Preheat grill.
- ☐ Brush peppers and squash with oil and season with salt and pepper to taste. Grill each for 5 to 6 minutes on each side, until just cooked through.
- ☐ Place the green beans and tomatoes in bowls. Toss each with 2 tablespoons of the vinaigrette and season with salt and pepper to taste.
- ☐ Line 8 plates with the red leaf lettuce. On each plate arrange 2 scallops, 3 shrimp and 1 piece of the tuna. Divide the squash, beans, roasted pepper, tomatoes and olives among the plates.
- ☐ Drizzle the remaining dressing over the salad.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:25.443478439165%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 381.32kcal (19.07%), Fat: 28.27g (43.49%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 6.02g (2.19%), Sugar: 3.27g (3.64%), Cholesterol: 57.13mg (19.04%), Sodium: 602.88mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.58%), Vitamin B12: 5.99µg (99.8%), Vitamin C: 50.84mg (61.62%), Vitamin A: 2564.74IU (51.29%), Selenium: 28.24µg (40.34%), Phosphorus: 377.33mg (37.73%), Vitamin K: 35.09µg (33.42%), Vitamin E: 4.97mg (33.15%), Vitamin B3: 6.49mg (32.43%), Vitamin B6: 0.52mg (26.17%), Vitamin D: 3.24µg (21.63%), Magnesium: 69.02mg (17.26%), Potassium: 590.2mg (16.86%), Vitamin B2: 0.27mg (16.12%), Vitamin B1: 0.22mg (14.84%), Folate: 52.94µg (13.23%), Manganese: 0.26mg (12.93%), Iron: 1.99mg (11.06%), Copper: 0.21mg (10.71%), Fiber: 2.67g (10.68%), Vitamin B5: 0.98mg (9.76%), Zinc: 1.33mg (8.9%), Calcium: 52.69mg (5.27%)