



Italian Scallop and Shrimp Salad

 Gluten Free  Dairy Free

READY IN



535 min.

SERVINGS



10

CALORIES



186 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds bay scallops
- 3 tablespoons celery leaves chopped
- 0.5 cup corn oil
- 3 tablespoons parsley fresh chopped
- 5 cloves garlic minced
- 1 teaspoon kosher salt
- 2 cups peas frozen
- 2 pounds shrimp deveined peeled

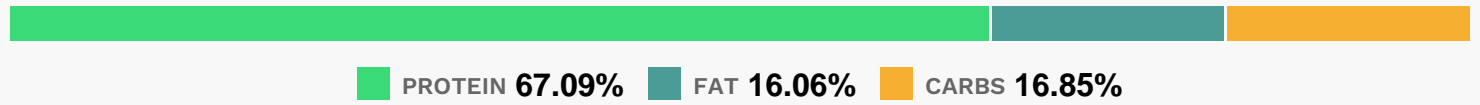
Equipment

- bowl
- pot

Directions

- In a small bowl, stir together the garlic, parsley, celery leaves, salt, and corn oil; set aside. Bring a large pot of lightly salted water to a boil over high heat.
- Pour in the peas, and return to a boil. Stir in the scallops, and boil for 3 minutes, then add the shrimp and continue cooking for 1 1/2 minutes more.
- Drain well, then cool in the refrigerator for 30 minutes.
- Once the seafood has cooled, toss it with the garlic dressing until coated. Refrigerate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:1.29, Inflammation Score:-5, Nutrition Score:12.231304230897%

Flavonoids

Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 186.29kcal (9.31%), Fat: 3.29g (5.06%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 5.97g (2.17%), Sugar: 1.73g (1.92%), Cholesterol: 167.83mg (55.94%), Sodium: 702.05mg (30.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.91g (61.82%), Phosphorus: 532.51mg (53.25%), Vitamin K: 29.14µg (27.75%), Copper: 0.43mg (21.73%), Vitamin B12: 1.28µg (21.32%), Selenium: 12.37µg (17.67%), Vitamin C: 13.8mg (16.73%), Zinc: 2.44mg (16.25%), Magnesium: 62.75mg (15.69%), Potassium: 520.47mg (14.87%), Manganese: 0.2mg (9.82%), Folate: 36.83µg (9.21%), Calcium: 77.04mg (7.7%), Iron: 1.35mg (7.52%), Fiber: 1.8g (7.18%), Vitamin A: 345.71IU (6.91%), Vitamin B6: 0.14mg (6.91%), Vitamin B3: 1.28mg (6.42%), Vitamin B1: 0.09mg (5.9%), Vitamin B2: 0.06mg (3.37%), Vitamin E: 0.39mg (2.62%), Vitamin B5: 0.25mg (2.5%)