



## Italian Seafood Salad

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

READY IN



240 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 servings pepper black freshly ground
- 1 pound calamari fresh cleaned sliced
- 1.5 cups cooking wine dry white
- 1 small fennel bulb cored trimmed thinly sliced
- 0.5 cup flat-leaf parsley leaves fresh packed
- 4 cloves garlic minced
- 8 servings kosher salt
- 0.3 cup juice of lemon freshly squeezed (2 lemons)

- 1 lemon zest grated
- 2 lemons
- 0.3 cup limoncello liqueur
- 2 pounds mussels fresh
- 1 tablespoon old bay seasoning
- 0.5 cup olive oil good
- 2 teaspoons oregano dried
- 3 medium plum tomatoes
- 0.5 teaspoon pepper flakes red crushed
- 1 pound sea scallops halved
- 1.5 pounds shrimp deveined peeled (16- to 20-count)

## Equipment

- bowl
- frying pan
- pot
- plastic wrap
- slotted spoon
- colander
- skimmer

## Directions

- Watch how to make this recipe.
- Fill a large pot with 3 quarts of water and add the Old Bay seasoning and 1 tablespoon of salt. Bring to a boil, add the shrimp, lower the heat, and simmer for 3 minutes, until just firm. With a skimmer or slotted spoon, transfer the shrimp to a large bowl. Leave 2 cups of the poaching liquid in the pot and discard the rest.
- Add the wine to the poaching liquid and bring to a boil.
- Add the scallops, lower the heat, and simmer for 2 minutes, until just cooked. With the skimmer, transfer the scallops to the bowl with the shrimp. Bring the poaching liquid back to a

boil, add the calamari, and simmer for 2 to 3 minutes, until just cooked. Be careful not to overcook any of the seafood or it will be tough! With the skimmer, transfer the calamari to the bowl.

- Bring the poaching liquid to a boil again, add the mussels, cover, and simmer for 4 to 5 minutes, until all the shells have opened, discarding any that don't open. Turn off the heat and set aside until the mussels in the broth are cool enough to handle.
- Remove the mussels from the shells and add to the bowl.
- Add 12 of the shells to the seafood and discard the rest. Set aside 1/2 cup of the poaching liquid, discarding the rest.
- Drain the seafood in a colander and put it all back into the bowl.
- For the dressing, heat the olive oil in a medium (10-inch) saute pan over medium heat.
- Add the garlic, oregano, and red pepper flakes and cook for 1 minute. (Be careful: Overcooked garlic will be bitter.)
- Add the tomatoes and cook over medium heat for 2 more minutes.
- Add the reserved poaching liquid, the limoncello, lemon zest, lemon juice, 1 tablespoon salt, and 1 teaspoon pepper and cook for 1 more minute.
- Pour the sauce over the seafood and toss gently.
- Add the fennel and parsley.
- Cut a lemon in half lengthwise, cut it thinly crosswise, and add it to the salad. Toss gently to combine and cover with plastic wrap. Chill for at least 3 hours or overnight.
- To serve, sprinkle with 2 teaspoons salt, 1 teaspoon pepper, and the juice of the remaining lemon. Taste for seasonings and serve cold or at room temperature.

## Nutrition Facts

 **PROTEIN 56.52%**  **FAT 18.07%**  **CARBS 25.41%**

## Properties

Glycemic Index:34.06, Glycemic Load:2.68, Inflammation Score:-8, Nutrition Score:34.65478283426%

## Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg,

Epicatechin: 0.25mg Eriodictyol: 6.46mg, Eriodictyol: 6.46mg, Eriodictyol: 6.46mg, Eriodictyol: 6.46mg  
Hesperetin: 8.82mg, Hesperetin: 8.82mg, Hesperetin: 8.82mg, Hesperetin: 8.82mg Naringenin: 0.58mg, Naringenin:  
0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg,  
Apigenin: 8.09mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.09mg,  
Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin:  
0.75mg, Myricetin: 0.75mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## **Nutrients (% of daily need)**

Calories: 339.97kcal (17%), Fat: 5.81g (8.94%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 18.4g (6.13%), Net  
Carbohydrates: 15.87g (5.77%), Sugar: 6.96g (7.74%), Cholesterol: 298.84mg (99.61%), Sodium: 731.63mg (31.81%),  
Alcohol: 7.79g (100%), Alcohol %: 2.35% (100%), Protein: 40.92g (81.84%), Vitamin B12: 8.48µg (141.28%),  
Manganese: 2.27mg (113.68%), Vitamin K: 91.03µg (86.69%), Selenium: 59.24µg (84.64%), Copper: 1.54mg (76.92%),  
Phosphorus: 650.54mg (65.05%), Vitamin C: 37.74mg (45.75%), Potassium: 960.11mg (27.43%), Iron: 4.57mg  
(25.37%), Magnesium: 100.46mg (25.11%), Zinc: 3.72mg (24.77%), Vitamin B2: 0.4mg (23.62%), Vitamin B3: 3.08mg  
(15.42%), Folate: 60.3µg (15.07%), Vitamin A: 727.89IU (14.56%), Calcium: 142.06mg (14.21%), Vitamin E: 1.91mg  
(12.75%), Vitamin B6: 0.22mg (11%), Fiber: 2.54g (10.15%), Vitamin B1: 0.14mg (9.57%), Vitamin B5: 0.9mg (8.98%)