



Italian Seafood Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13 ounces clams fresh scrubbed
- ☐ 0.1 teaspoon rosemary dried crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 4 olives green pitted halved
- ☐ 4 ounce bread italian toasted
- ☐ 1.5 tablespoons juice of lemon fresh

- ☐ 10 ounces mussels fresh scrubbed
- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 4 medium olives pitted ripe halved
- ☐ 0.1 teaspoon pepper
- ☐ 1 large bell pepper red
- ☐ 0.3 teaspoon salt
- ☐ 0.3 pound shrimp deveined peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ slotted spoon

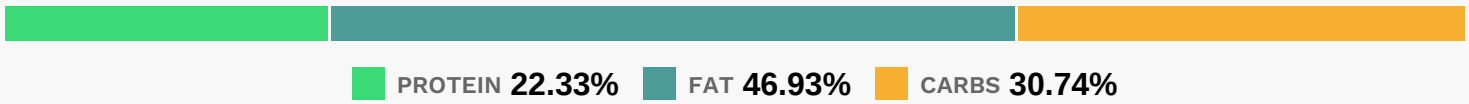
Directions

- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper, skin side up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place bell pepper in a zip-top heavy-duty plastic bag, and seal; let stand 15 minutes. Peel pepper.
- ☐ Cut bell pepper into julienne strips; set aside.
- ☐ Bring wine to a boil in a large skillet.
- ☐ Add clams, mussels, and shrimp; cover, reduce heat, and simmer 5 minutes or until the shells open. Discard any unopened shells.
- ☐ Remove shellfish with a slotted spoon, and set aside. Reserve 1 tablespoon cooking liquid; discard remaining liquid.
- ☐ Remove meat from 12 clam and 12 mussel shells; discard shells. Set aside remaining 4 clams and 4 mussels in shells.

- ☐
- Cut peeled shrimp in half lengthwise.

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Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:21.069564922996%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 276.32kcal (13.82%), Fat: 13.98g (21.5%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 18.37g (6.68%), Sugar: 10.84g (12.04%), Cholesterol: 59.91mg (19.97%), Sodium: 523.91mg (22.78%), Alcohol: 1.54g (100%), Alcohol %: 1.08% (100%), Protein: 14.96g (29.92%), Vitamin B12: 5.9µg (98.32%), Vitamin C: 60.44mg (73.27%), Manganese: 1.34mg (66.92%), Vitamin K: 36.06µg (34.35%), Vitamin A: 1583.77IU (31.68%), Selenium: 20.67µg (29.53%), Phosphorus: 186.27mg (18.63%), Iron: 2.81mg (15.6%), Folate: 57.19µg (14.3%), Vitamin B3: 2.38mg (11.88%), Potassium: 379.69mg (10.85%), Vitamin E: 1.49mg (9.91%), Magnesium: 38.6mg (9.65%), Fiber: 2.23g (8.93%), Copper: 0.18mg (8.82%), Vitamin B2: 0.15mg (8.73%), Vitamin B1: 0.13mg (8.59%), Zinc: 1.24mg (8.29%), Vitamin B6: 0.16mg (8.13%), Calcium: 46.19mg (4.62%), Vitamin B5: 0.36mg (3.6%)