



Italian Shrimp, Scallop, and Calamari Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



122 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound bay scallops
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 pound squid rings halved cut into rings and tentacles
- ☐ 2 cups fennel bulb very thinly sliced (1 bulb)
- ☐ 1 cup parsley fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 cup kalamata olives black pitted coarsely chopped
- ☐ 0.5 cup juice of lemon fresh

- ☐ 0.5 cup olive green pitted coarsely chopped
- ☐ 1 onion halved thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add shrimp; cook 2 minutes or until no longer translucent.
- ☐ Transfer shrimp to a large colander with a large slotted spoon.
- ☐ Add scallops to boiling water; cook 1 to 2 minutes or until no longer translucent.
- ☐ Transfer scallops to colander with shrimp.
- ☐ Add calamari to boiling water; cook 30 seconds.
- ☐ Transfer calamari to colander with other seafood. Run cold water over seafood until no longer warm; drain well.
- ☐ Combine cool seafood, fennel, and next 5 ingredients in a large bowl.
- ☐ Combine lemon juice, vinegar, salt, and pepper in a small bowl with a wire whisk.
- ☐ Pour over seafood-vegetable mixture. Toss well to coat.
- ☐ Let stand at room temperature at least 15 minutes before serving.
- ☐ Pour a Champagne or sparkling wine, such as NV Laurent-Perrier, Brut L-P.

Nutrition Facts



 PROTEIN **55.6%**  FAT **22.19%**  CARBS **22.21%**

Properties

Glycemic Index:17.4, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:15.260000031927%

Flavonoids

Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 121.97kcal (6.1%), Fat: 3.03g (4.66%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 5.22g (1.9%), Sugar: 1.97g (2.19%), Cholesterol: 142.2mg (47.4%), Sodium: 529.89mg (23.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.18%), Vitamin K: 110.9µg (105.62%), Copper: 0.84mg (41.87%), Selenium: 19.92µg (28.45%), Phosphorus: 282.71mg (28.27%), Vitamin C: 19.27mg (23.36%), Vitamin B12: 0.92µg (15.37%), Vitamin A: 719.67IU (14.39%), Potassium: 421.81mg (12.05%), Magnesium: 41.94mg (10.49%), Vitamin B2: 0.17mg (9.73%), Zinc: 1.44mg (9.62%), Vitamin E: 1.17mg (7.8%), Folate: 28.15µg (7.04%), Iron: 1.21mg (6.74%), Vitamin B3: 1.32mg (6.58%), Fiber: 1.61g (6.44%), Calcium: 64.15mg (6.42%), Manganese: 0.12mg (6.01%), Vitamin B6: 0.09mg (4.63%), Vitamin B5: 0.35mg (3.55%), Vitamin B1: 0.03mg (2.17%)