



Lobster, Scallops, and Mussels with Tomato Garlic Vinaigrette



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 3 garlic cloves finely chopped
- ☐ 1 pound grape tomatoes halved
- ☐ 6 pound live lobsters
- ☐ 2 pound cultivated mussels scrubbed well
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 1.5 pounds sea scallops halved

- ☐ 2.5 cups water
- ☐ 5 tablespoons white-wine vinegar

Equipment

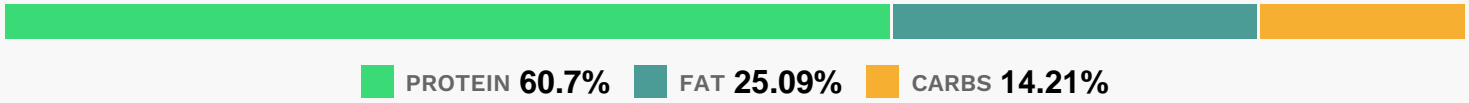
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Bring an 8- to 10-quart pot of water to a boil, then plunge 2 lobsters headfirst into water and boil, covered, 6 minutes from time they enter water.
- ☐ Transfer with tongs to a shallow baking pan to cool, then boil remaining 2 lobsters.
- ☐ When lobsters are cool enough to handle, twist off tails, claws, and knuckles and remove meat, discarding bodies and shells.
- ☐ Cut tail meat crosswise into 1-inch-thick slices. Put lobster meat in a large bowl.
- ☐ Bring wine, water, and 1/2 teaspoon salt to a simmer in a wide heavy medium pot.
- ☐ Add scallops and poach at a bare simmer, uncovered, until scallops are just cooked through (opaque), 3 to 4 minutes.
- ☐ Transfer with a slotted spoon to bowl with lobster.
- ☐ Return liquid to a simmer over medium-high heat.
- ☐ Add mussels and cook, covered, stirring occasionally, until mussels just open wide, checking frequently after 4 minutes and transferring to bowl with seafood. (Discard any mussels that remain unopened after 6 minutes.)
- ☐ Strain cooking liquid through a sieve lined with a dampened paper towel. Rinse pot, then return liquid to pot and boil until reduced to 1 cup, about 8 minutes.

- ☐ Heat oil, garlic, vinegar, 1/2 cup reduced seafood liquid, and 1/2 teaspoon salt in a 1 1/2- to 2-quart nonreactive saucepan over medium-low heat, stirring occasionally, until warm, about 2 minutes.
- ☐ Add tomatoes and cook until they just begin to wilt but still hold their shape, 3 to 5 minutes.
- ☐ Pour hot vinaigrette over seafood and stir gently to coat. Marinate, covered and chilled, at least 2 hours. Bring to room temperature, about 30 minutes, before serving.
- ☐ · Lobsters can be cooked and meat removed from shell 1 day ahead, then chilled, covered.· Seafood can be marinated up to 6 hours (any longer and texture will deteriorate).

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:34.091304322948%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 319.4kcal (15.97%), Fat: 8.19g (12.61%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.5g (3.46%), Sugar: 2.2g (2.44%), Cholesterol: 210.1mg (70.03%), Sodium: 1213.35mg (52.75%), Alcohol: 2.06g (100%), Alcohol %: 0.47% (100%), Protein: 44.61g (89.23%), Vitamin B12: 12.44µg (207.33%), Selenium: 130.07µg (185.81%), Manganese: 2.85mg (142.63%), Copper: 1.88mg (93.94%), Phosphorus: 760.18mg (76.02%), Zinc: 6.93mg (46.22%), Magnesium: 111.6mg (27.9%), Potassium: 937.54mg (26.79%), Vitamin B5: 2.55mg (25.55%), Iron: 4.17mg (23.19%), Vitamin B3: 4.53mg (22.66%), Vitamin C: 17.06mg (20.67%), Folate: 74.82µg (18.7%), Vitamin E: 2.63mg (17.53%), Vitamin B6: 0.34mg (17.13%), Vitamin A: 761.73IU (15.23%), Calcium: 149.37mg (14.94%), Vitamin B2: 0.22mg (12.69%), Vitamin B1: 0.19mg (12.58%), Vitamin K: 9.04µg (8.61%), Fiber: 0.94g (3.75%)