



Mixed Seafood Grill with Paprika-Lemon Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 garlic clove sliced
- ☐ 0.3 cup juice of lemon fresh for garnish
- ☐ 7 tablespoons olive oil divided
- ☐ 2 teaspoons paprika
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 2 pounds shrimp deveined uncooked peeled
- ☐ 2 pounds squid rings fresh frozen thawed cleaned for another use (tentacles reserved)

☐

2 pounds fish fillet white 1-inch-thick firm (such as halibut)

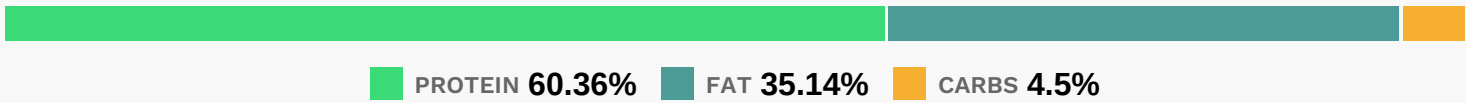
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk 4 tablespoons oil, lemon juice, parsley, garlic, and paprika in small bowl. Season dressing with salt and pepper. DO AHEAD Cover and chill up to 6 hours. Bring to room temperature before using.
- ☐ Spray grill rack with nonstick spray. Prepare barbecue (medium-high heat). Arrange seafood on baking sheets.
- ☐ Drizzle with 3 tablespoons oil and turn to coat; sprinkle with salt and pepper.
- ☐ Transfer seafood to grill. Cook until just opaque in center, about 4 minutes per side for fish, 2 minutes per side for shrimp, and 30 seconds per side for squid. Arrange on platter. Spoon dressing over.
- ☐ Garnish with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:33.91826074538%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 563.99kcal (28.2%), Fat: 21.89g (33.68%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.96g (2.17%), Sugar: 0.35g (0.39%), Cholesterol: 671.32mg (223.77%), Sodium: 326.96mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.6g (169.21%), Selenium: 131.2µg (187.43%), Copper: 3.58mg (178.75%), Phosphorus: 920.72mg (92.07%), Vitamin B12: 4.35µg (72.57%), Vitamin B3: 9.3mg (46.51%), Vitamin B2: 0.73mg (42.99%), Magnesium: 146.48mg (36.62%), Potassium: 1266.96mg (36.2%), Vitamin E: 4.99mg (33.28%), Vitamin K: 34.38µg (32.74%), Zinc: 4.9mg (32.69%), Vitamin D: 4.69µg (31.25%), Vitamin B6: 0.37mg (18.42%), Iron: 3.01mg (16.72%), Calcium: 167.12mg (16.71%), Vitamin C: 13.29mg (16.11%), Vitamin B5: 1.54mg (15.37%), Folate: 48.28µg (12.07%), Manganese: 0.2mg (9.89%), Vitamin A: 491.32IU (9.83%), Vitamin B1: 0.1mg (6.73%), Fiber: 0.34g (1.35%)