



WHATSheATE



HEALTH SCORE

70%

Mixed Seafood Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



170 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black



1.5 cups celery thinly sliced



0.3 teaspoon pepper red crushed



2 cups cilantro leaves fresh



1 head salad leaves curly endive



0.1 teaspoon kosher salt



6 tablespoons juice of lemon fresh divided (2 lemons)



1.3 pound pd of lobster wild

- ☐ 1.5 pounds mussels scrubbed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup radicchio thinly thinly sliced
- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 pound shrimp such as pink deveined peeled
- ☐ 0.5 pound squid rings skinless cleaned
- ☐ 1.5 cups water

Equipment

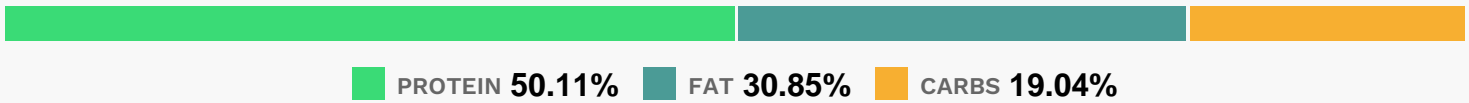
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring 1 1/2 cups water and 3 tablespoons juice to a boil in a Dutch oven.
- ☐ Add mussels; cover and cook for 2 minutes or until shells open.
- ☐ Remove mussels from pan with a slotted spoon; discard any unopened shells. Cool.
- ☐ Remove meat from the mussels; discard shells.
- ☐ Place mussels in a large bowl.
- ☐ Add shrimp to boiling liquid in pan; cook 2 minutes or until done.
- ☐ Remove shrimp from pan with a slotted spoon, and add to mussels.
- ☐ Cut squid crosswise into 1/4-inch rings, and leave tentacles whole.
- ☐ Add squid to boiling liquid in pan; cook for 1 minute.
- ☐ Remove the squid from pan with a slotted spoon. Cool; add squid to mussels mixture.
- ☐ Add lobster to pan, and cover, reduce heat, and simmer for 8 minutes.
- ☐ Remove lobster from pan, reserving 1 tablespoon cooking liquid; cool lobster.
- ☐ Remove meat from lobster tail and claws; coarsely chop.

- ☐
- Add lobster, salt, and black pepper to mussels mixture.
- ☐
- Combine the remaining 3 tablespoons juice, reserved cooking liquid, and olive oil in a bowl, stirring with a whisk.
- ☐
- Drizzle lemon mixture over seafood mixture; toss gently to coat. Cover and marinate in refrigerator for 1 1/2 hours.
- ☐
- Add cilantro and remaining ingredients to seafood mixture, and toss gently.
- ☐
- Sustainable Choice: What About Gulf Shrimp? According to Monterey Bay Aquarium Seafood Watch, Gulf shrimp are considered a good alternative. Post oil spill, the U.S. government says they've tested safe to eat.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:2.63, Inflammation Score:-10, Nutrition Score:43.900869493899%

Flavonoids

Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg Luteolin: 5.39mg, Luteolin: 5.39mg, Luteolin: 5.39mg, Luteolin: 5.39mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 19.4mg, Quercetin: 19.4mg, Quercetin: 19.4mg, Quercetin: 19.4mg

Nutrients (% of daily need)

Calories: 311.46kcal (15.57%), Fat: 10.73g (16.51%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 10.9g (3.96%), Sugar: 3.31g (3.67%), Cholesterol: 298.09mg (99.36%), Sodium: 651.16mg (28.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.21g (78.41%), Vitamin K: 234.34µg (223.18%), Vitamin B12: 11.64µg (194.05%), Manganese: 3.41mg (170.6%), Selenium: 90.24µg (128.92%), Copper: 2.18mg (108.93%), Vitamin A: 4141.7IU (82.83%), Phosphorus: 538.89mg (53.89%), Vitamin C: 38.97mg (47.23%), Folate: 142.14µg (35.53%), Zinc: 4.9mg (32.67%), Potassium: 1139.56mg (32.56%), Vitamin B2: 0.53mg (31.22%), Vitamin E: 4.41mg (29.38%), Iron: 5.17mg (28.71%), Magnesium: 114.27mg (28.57%), Vitamin B5: 2.19mg (21.94%), Calcium: 203.53mg (20.35%), Vitamin B3: 3.86mg (19.28%), Fiber: 4g (16.01%), Vitamin B1: 0.23mg (15.41%), Vitamin B6: 0.28mg (14.14%)