



WHATSheATE



Mixed Seafood Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bay scallops
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 3 tablespoons chives fresh chopped
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 pound live maine lobsters cooked cut into 1-inch pieces (3 tails)
- ☐ 0.5 pound lump crab meat drained

- ☐ 0.5 pound octopus legs cleaned
- ☐ 1 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 0.5 pound squid rings cleaned
- ☐ 6 cups water

Equipment

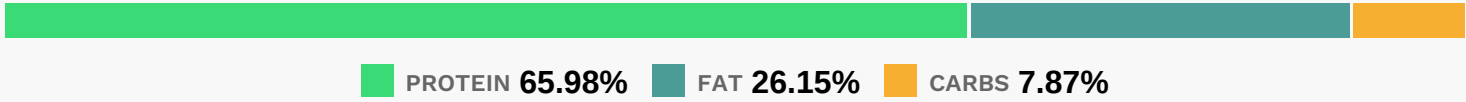
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring 6 cups water and salt to a boil in a large saucepan over medium-high heat.
- ☐ Add squid; cook 3 minutes or until squid is just tender.
- ☐ Remove squid from pan with a slotted spoon. Plunge squid into ice water; drain.
- ☐ Cut squid into 1-inch pieces.
- ☐ Place squid in a large bowl.
- ☐ Add shrimp to boiling water; cook 3 minutes or until done.
- ☐ Remove shrimp from pan with a slotted spoon. Plunge shrimp into ice water; drain.
- ☐ Add shrimp to bowl with squid.
- ☐ Place a vegetable steamer in pan. Reduce heat to medium-low. Arrange scallops in steamer; cook over simmering water 6 minutes or until done. Plunge scallops into ice water; drain.
- ☐ Add scallops to bowl. Cover scallop mixture; chill.
- ☐ Remove steamer from pan.
- ☐ Add octopus to simmering water; cover and simmer 2 to 2 1/2 hours or until fork-tender (add additional water, if necessary, to cover octopus.) Plunge octopus into ice water; drain. Rub off skin.
- ☐ Cut octopus into 1-inch pieces.

- ☐ Add octopus, lobster, and crabmeat to scallop mixture.
- ☐ Add juice and next 4 ingredients (through garlic); toss gently to combine. Chill for at least 2 hours.
- ☐ Garnish with lemon wedges and parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:26.072608569394%

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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 230.99kcal (11.55%), Fat: 6.53g (10.04%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 4.27g (1.55%), Sugar: 0.31g (0.35%), Cholesterol: 240.03mg (80.01%), Sodium: 1173.56mg (51.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.11%), Vitamin B12: 12.46µg (207.64%), Selenium: 76.67µg (109.54%), Copper: 1.94mg (97.09%), Phosphorus: 508.99mg (50.9%), Zinc: 5.72mg (38.12%), Vitamin K: 38.86µg (37.01%), Magnesium: 83.11mg (20.78%), Iron: 3.12mg (17.36%), Vitamin C: 14.09mg (17.08%), Potassium: 585.4mg (16.73%), Vitamin B6: 0.3mg (15.09%), Vitamin B3: 2.95mg (14.76%), Vitamin E: 1.94mg (12.95%), Calcium: 121.67mg (12.17%), Vitamin B2: 0.2mg (12.02%), Vitamin B5: 1.17mg (11.71%), Folate: 41.08µg (10.27%), Vitamin A: 315.37IU (6.31%), Manganese: 0.1mg (5.19%), Vitamin B1: 0.05mg (3.51%)