



Montauk Seafood Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup medium-diced celery 2 stalks
- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons parsley leaves fresh chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 1 tablespoon kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 6 servings optional: lemon thinly sliced for garnish

- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 2 lemon zest
- ☐ 3 pounds mussels in the shell fresh scrubbed
- ☐ 1 cup olive oil good
- ☐ 1 pound sea scallops 10 to 12
- ☐ 1.5 pounds shrimp deveined peeled 25 to 30 shrimp
- ☐ 0.5 teaspoon thyme leaves fresh whole
- ☐ 8 cups water
- ☐ 0.5 cup citrus champagne vinegar
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

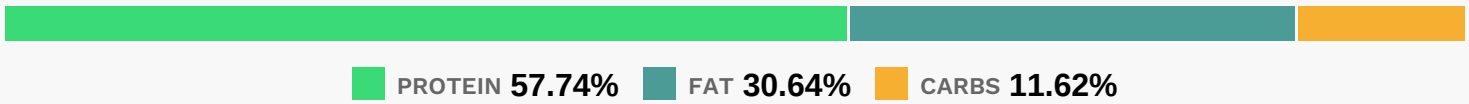
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ To cook the seafood, combine 8 cups of water with the white wine vinegar and salt in a large saucepan and bring to a boil.
- ☐ Add the shrimp and cook for 2 minutes only.
- ☐ Remove with a slotted spoon. Bring the water back to a boil and cook the scallops for 4 to 5 minutes, until cooked through.
- ☐ Drain.
- ☐ Bring 1/2 cup of water to a boil in the same saucepan and toss in the mussels. Return to a boil, cover, and steam for 3 to 5 minutes, until they're all opened. (Discard any that remain unopened after 5 minutes.)
- ☐ Drain.
- ☐ Remove the mussels from the shells and discard the shells.
- ☐ Drain all the cooked seafood and place it in a large bowl.

- ☐ To make the sauce, heat the olive oil in a medium saute pan and add the thyme, garlic, and lemon zest. Cook over low heat for 1 minute. Off the heat, add the lemon juice, mustard, vinegar, salt, and pepper.
- ☐ Pour the hot vinaigrette over the seafood.
- ☐ Add the celery and parsley and toss well. This salad can be served immediately, but it is best when allowed to sit, refrigerated, for 1 to 2 hours.
- ☐ Sprinkle with salt and toss with sliced lemon.

Nutrition Facts



Properties

Glycemic Index:46.42, Glycemic Load:2.4, Inflammation Score:-7, Nutrition Score:29.838260629903%

Flavonoids

Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 3.42mg, Hesperetin: 3.42mg, Hesperetin: 3.42mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 4.71mg, Apigenin: 4.71mg, Apigenin: 4.71mg, Apigenin: 4.71mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 325.94kcal (16.3%), Fat: 10.87g (16.72%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.45g (3.07%), Sugar: 0.72g (0.8%), Cholesterol: 233.1mg (77.7%), Sodium: 2738.79mg (119.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.07g (92.13%), Vitamin B12: 14.95µg (249.1%), Manganese: 4.05mg (202.74%), Selenium: 61.97µg (88.52%), Phosphorus: 733.5mg (73.35%), Vitamin K: 41.24µg (39.28%), Iron: 5.9mg (32.76%), Copper: 0.64mg (32.13%), Vitamin C: 23.08mg (27.98%), Zinc: 4.17mg (27.8%), Magnesium: 104.78mg (26.2%), Potassium: 908.39mg (25.95%), Folate: 71.5µg (17.88%), Vitamin B2: 0.27mg (15.89%), Vitamin B1: 0.2mg (13.6%), Calcium: 135.18mg (13.52%), Vitamin B3: 2.49mg (12.43%), Vitamin E: 1.76mg (11.72%), Vitamin A: 425.12IU (8.5%), Vitamin B5: 0.82mg (8.21%), Vitamin B6: 0.15mg (7.29%), Fiber: 0.82g (3.27%)