



Orange-Ginger Calamari Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound bay scallops cleaned (calamari; see notes)
- 15 oz bite-size pieces and crisped butter lettuce leaves rinsed
- 1 tablespoon ginger fresh minced
- 1 cup matchstick-size pieces jicama (3 in. long)
- 3 tablespoons juice of lime
- 0.3 cup mint leaves fresh shredded finely
- 30 oz oranges
- 4 servings bell pepper

- 3 tablespoons salad oil
- 0.5 teaspoon salt
- 2 tablespoons shallots minced
- 2 teaspoons sugar

Equipment

- bowl
- frying pan
- oven
- sieve

Directions

- In a 5- to 6-quart pan over high heat, bring 2 1/2 to 3 quarts water to a boil. Meanwhile, if necessary, cut squid tubes crosswise into 1/4-inch-thick rings; leave tentacles whole. Rinse and drain squid or scallops.
- Stir squid or scallops into boiling water; cover tightly and remove from heat.
- Let stand just until squid feels firm when pressed, about 1 minute (do not overcook or squid may turn rubbery), or scallops are barely opaque but still moist-looking in the center (cut to test), about 2 minutes.
- Drain, rinse in cold water, and drain again thoroughly.
- Pour the seafood into a large bowl.
- Cut and discard peel and white membrane from oranges. One at a time, hold oranges over a bowl and cut between membranes and fruit to release segments into the bowl. Squeeze juice from membranes into the bowl; discard membranes.
- Pour orange segments and juice into a wire strainer set over a 1- to 1 1/2-quart pan. Reserve segments. Bring juice to a boil over high heat and boil, stirring occasionally, until reduced to 2 tablespoons, 2 to 6 minutes.
- Remove from heat. Stir in oil, lime juice, shallots, ginger, sugar, and salt and pepper to taste.
- Add orange dressing, orange segments, lettuce, jicama, and mint to squid; mix gently.
- Add more salt and pepper to taste. Divide mixture evenly among four dinner plates.

Nutrition Facts

PROTEIN 20.89% FAT 30.27% CARBS 48.84%

Properties

Glycemic Index:51.15, Glycemic Load:11.26, Inflammation Score:-10, Nutrition Score:31.683478065159%

Flavonoids

Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg Hesperetin: 59.33mg, Hesperetin: 59.33mg, Hesperetin: 59.33mg, Hesperetin: 59.33mg Naringenin: 32.62mg, Naringenin: 32.62mg, Naringenin: 32.62mg, Naringenin: 32.62mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 334.67kcal (16.73%), Fat: 11.87g (18.25%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 33.1g (12.04%), Sugar: 27.2g (30.23%), Cholesterol: 27.22mg (9.07%), Sodium: 747.04mg (32.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.85%), Vitamin C: 224.03mg (271.55%), Vitamin A: 6507.36IU (130.15%), Vitamin K: 120.1µg (114.38%), Folate: 205µg (51.25%), Phosphorus: 476.73mg (47.67%), Fiber: 9.97g (39.88%), Potassium: 1134.84mg (32.42%), Vitamin B6: 0.56mg (27.86%), Vitamin B12: 1.6µg (26.65%), Vitamin E: 3.77mg (25.13%), Selenium: 16.61µg (23.73%), Manganese: 0.43mg (21.56%), Vitamin B1: 0.31mg (20.64%), Magnesium: 78.58mg (19.65%), Iron: 2.75mg (15.29%), Calcium: 151.19mg (15.12%), Vitamin B2: 0.25mg (14.96%), Vitamin B3: 2.67mg (13.37%), Vitamin B5: 1.26mg (12.59%), Zinc: 1.71mg (11.39%), Copper: 0.19mg (9.56%)