



## Seafood Antipasti alla Veneziana

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**178 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 small calamari cleaned
- 1 tablespoon chili flakes hot
- 6 large clams scrubbed
- 6 small razor clams scrubbed
- 2 bunches flat-leaf parsley italian finely chopped
- 2 lemon zest juiced for garnish cut in wedges,
- 1 small pd of lobster
- 6 large mussels scrubbed

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- 1 cup olive oil extra-virgin
- 6 large shrimp cleaned peeled
- 6 large scampi cleaned peeled

## Equipment

- frying pan

## Directions

- Red mustard greens, for salad, dressed with extra-virgin olive oil and rock salt, as accompaniment.
- Bring 6 quarts water to boil and set up ice bath nearby.
- Cook all the shrimp for 1 1/2 minutes and plunge into the ice bath. Cook the scampi for 1 minute, and plunge into the ice bath. Repeat with the calamari. Cook the lobster for 8 minutes and then cool in the ice bath.
- In a 10 to 12-inch saute pan, place mussels and clams with 1 cup of water and bring to a boil. Cover the pan and let the seafood steam, removing each shellfish as it opens until they are all cooked and removed from the pan. Discard any shellfish that do not open. Keeping each type of open shellfish separate, dress each individually with 1 to 2 tablespoons extra virgin olive oil, a touch of lemon juice, a pinch of chilies, and 1 to 2 tablespoons parsley. Dress the crabmeat in the same manner. Arrange all the seafood on a big platter.
- Garnish with lemon wedges and serve.

## Nutrition Facts

 **PROTEIN 29.8%**  **FAT 60.53%**  **CARBS 9.67%**

## Properties

Glycemic Index:46.5, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:24.386956608814%

## Flavonoids

Apigenin: 61.45mg, Apigenin: 61.45mg, Apigenin: 61.45mg, Apigenin: 61.45mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg Quercetin: 0.08mg, Quercetin:

0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 177.82kcal (8.89%), Fat: 12.25g (18.85%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 2.45g (0.89%), Sugar: 0.51g (0.57%), Cholesterol: 78.09mg (26.03%), Sodium: 271.66mg (11.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.13%), Vitamin K: 476.05µg (453.38%), Vitamin B12: 3.95µg (65.85%), Vitamin A: 3054.14IU (61.08%), Vitamin C: 43.7mg (52.97%), Selenium: 33.95µg (48.51%), Manganese: 0.89mg (44.59%), Copper: 0.61mg (30.54%), Vitamin E: 3mg (20.01%), Iron: 3.4mg (18.87%), Phosphorus: 170.77mg (17.08%), Folate: 57.63µg (14.41%), Zinc: 2.16mg (14.38%), Magnesium: 44.93mg (11.23%), Potassium: 388.1mg (11.09%), Calcium: 95.87mg (9.59%), Vitamin B3: 1.57mg (7.83%), Fiber: 1.95g (7.82%), Vitamin B5: 0.74mg (7.37%), Vitamin B2: 0.11mg (6.57%), Vitamin B6: 0.12mg (6.02%), Vitamin B1: 0.08mg (5.09%)