

food
network



HEALTH SCORE

68%

Seafood Antipasto alla Venezia



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 small calamari cleaned
- ☐ 1 tablespoon chili flakes hot
- ☐ 6 large clams scrubbed
- ☐ 6 small razor clams scrubbed
- ☐ 1 pound crab meat
- ☐ 1 cup olive oil extra virgin
- ☐ 4 juice of lemon
- ☐ 1 pound pd of lobster

- ☐ 6 large mussels scrubbed
- ☐ 6 small mussels scrubbed
- ☐ 2 bunches parsley italian finely chopped
- ☐ 6 medium shrimp cleaned peeled

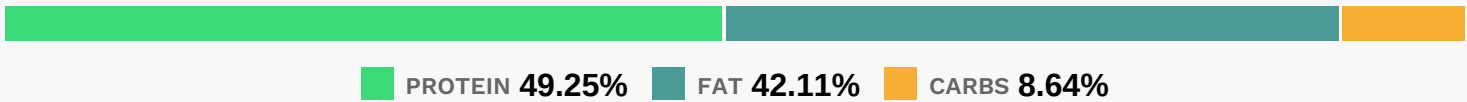
Equipment

- ☐ frying pan

Directions

- ☐ Bring 6 quarts water to boil and set up ice bath.
- ☐ Cook shrimp for 1 1/2 minutes and plunge into ice bath. Cook calamari 1 minute and do the same. Cook lobster for 8 minutes and then cool in ice bath.
- ☐ In a large saute pan, place mussels and clams with 1 cup of water and bring to a boil. Cover and steam, removing each shellfish as it opens until they are all done. Discard those shellfish which do not open. Keeping each 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. Do the same with the crab meat. Arrange all the seafood on a big platter.
- ☐ Garnish with lemon wedges and serve.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:37.339565401492%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg 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: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 277.15kcal (13.86%), Fat: 12.98g (19.96%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.27g (1.55%), Sugar: 1.14g (1.27%), Cholesterol: 123.98mg (41.33%), Sodium: 1219.39mg (53.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.15g (68.29%), Vitamin K: 476.05µg (453.38%), Vitamin B12: 14.11µg (235.23%), Selenium: 74.89µg (106.98%), Copper: 1.65mg (82.66%), Vitamin C: 59.37mg (71.97%), Vitamin A: 3080.92IU (61.62%), Zinc: 8.9mg (59.32%), Manganese: 0.93mg (46.6%), Phosphorus: 417.94mg (41.79%), Folate: 112.99µg (28.25%), Magnesium: 101.45mg (25.36%), Iron: 4.05mg (22.5%), Vitamin E: 3.04mg (20.28%), Potassium: 642.46mg (18.36%), Vitamin B6: 0.3mg (14.87%), Calcium: 145.26mg (14.53%), Vitamin B3: 2.81mg (14.04%), Vitamin B5: 1.16mg (11.6%), Vitamin B2: 0.16mg (9.5%), Vitamin B1: 0.13mg (8.65%), Fiber: 1.73g (6.91%)