



Seafood Appetizer in the Style of Venezia: Misto di Mare alla Veneziana



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 small calamari cleaned
- ☐ 1 tablespoon chile flakes hot
- ☐ 6 large clams scrubbed
- ☐ 6 small razor clams scrubbed
- ☐ 1 pound crab meat
- ☐ 6 servings lemon wedges for garnish
- ☐ 4 lemon zest juiced

- ☐ 2 pound pd of lobster
- ☐ 6 large mussels scrubbed
- ☐ 6 small mussels scrubbed
- ☐ 1 cup olive oil extra-virgin
- ☐ 2 bunches parsley italian finely chopped
- ☐ 6 servings salt and pepper
- ☐ 6 shrimp cleaned peeled
- ☐ 6 scampi cleaned peeled

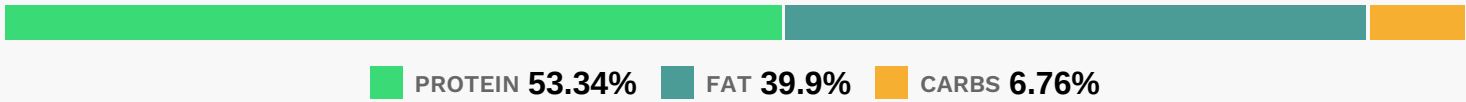
Equipment

- ☐ frying pan

Directions

- ☐ Bring 6 quarts water to boil and set up ice bath.
- ☐ Cook the shrimp for 1 1/2 minutes and plunge into the ice bath. Cook scampi for 1 minute, and plunge into the ice bath. Cook the calamari 1 minute and do the same. Cook lobster for 8 minutes and then cool in ice bath.
- ☐ In a large saute pan, place the mussels and clams with 1 cup of water and bring to a boil. Cover and steam, removing each shellfish as it opens. Discard those shellfish that do not open. Keeping each type of shellfish separate, dress each individually with 1 to 2 tablespoons extra virgin olive oil, a touch of lemon juice, a pinch of chile flakes and 1 to 2 tablespoons parsley and salt and pepper, to taste. Do the same with the crabmeat. Arrange all the seafood on a big platter.
- ☐ Garnish with lemon wedges and serve.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:30.408260843028%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 40.97mg, Apigenin: 40.97mg, Apigenin: 40.97mg, Apigenin: 40.97mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 199.71kcal (9.99%), Fat: 8.79g (13.52%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.45g (0.5%), Cholesterol: 110.91mg (36.97%), Sodium: 1097.29mg (47.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.87%), Vitamin K: 317.37µg (302.25%), Vitamin B12: 9.7µg (161.74%), Selenium: 63.74µg (91.06%), Copper: 1.39mg (69.72%), Vitamin C: 37.54mg (45.5%), Zinc: 6.7mg (44.64%), Vitamin A: 2056.31IU (41.13%), Manganese: 0.63mg (31.69%), Phosphorus: 314.15mg (31.42%), Magnesium: 75.49mg (18.87%), Folate: 74.18µg (18.55%), Iron: 2.79mg (15.5%), Vitamin E: 2.19mg (14.62%), Potassium: 460.24mg (13.15%), Calcium: 119.67mg (11.97%), Vitamin B3: 2.22mg (11.12%), Vitamin B6: 0.22mg (11.01%), Vitamin B5: 1.07mg (10.74%), Vitamin B2: 0.11mg (6.58%), Fiber: 1.54g (6.17%), Vitamin B1: 0.09mg (5.95%)