



## Seafood Mixed Grill with Red-Pepper Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 tablespoons cooking oil
- 2 tablespoons parsley fresh chopped
- 1 clove garlic
- 4 servings fresh-ground pepper black
- 0.8 cup jar roasted peppers red drained and rinsed
- 1 pound center-cut salmon fillet cut into 4 pieces
- 0.8 teaspoon salt
- 0.5 pound sea scallops

- 0.5 pound shrimp shelled
- 0.5 teaspoon sugar
- 0.5 teaspoon red-wine vinegar

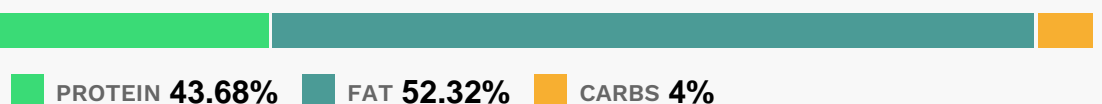
## Equipment

- food processor
- blender
- grill
- broiler
- skewers

## Directions

- In a food processor or blender, puree the red peppers and garlic with the vinegar, parsley, sugar, 3 tablespoons of the oil, 1/4 teaspoon of the salt, and 1/4 teaspoon of black pepper.
- Light the grill or heat the broiler. Thread the shrimp on four skewers and the scallops on four skewers. Coat the shellfish with 2 teaspoons of the oil and sprinkle with 1/4 teaspoon of the salt and 1/4 teaspoon black pepper. Coat the salmon with the remaining 1 teaspoon oil and sprinkle with 1/8 teaspoon of black pepper and the remaining 1/4 teaspoon salt.
- Grill or broil the fish, turning once, until just done, about 2 to 3 minutes per side for the shrimp, 3 to 4 minutes per side for the scallops, and 3 to 4 minutes per side for a 1-inch-thick salmon fillet (the fish should still be translucent in the center).
- Serve with the red-pepper sauce.
- Fish Alternatives: Feel free to use only one or two types of the fish and shellfish listed. Other grilled fish that would be nice with the red-pepper sauce include halibut, swordfish, tuna, or mahimahi.
- Wine Recommendation: A full-bodied, expansive wine such as a California chardonnay is ideal with the meaty, flavorful shrimp, scallops, and salmon. For the roasted red peppers and garlic, it's best to choose one that's not oaky.

## Nutrition Facts



## Properties

Glycemic Index:41.02, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:24.516956453738%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 380.96kcal (19.05%), Fat: 21.86g (33.63%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.34g (1.22%), Sugar: 0.52g (0.58%), Cholesterol: 167.26mg (55.75%), Sodium: 1136.34mg (49.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.06g (82.12%), Vitamin B12: 4.41µg (73.43%), Selenium: 48.84µg (69.78%), Phosphorus: 545.27mg (54.53%), Vitamin B6: 1.03mg (51.36%), Vitamin B3: 9.49mg (47.44%), Vitamin K: 42.96µg (40.91%), Copper: 0.56mg (27.97%), Vitamin B2: 0.45mg (26.49%), Potassium: 875.65mg (25.02%), Vitamin B5: 2.03mg (20.33%), Vitamin C: 15.1mg (18.31%), Vitamin B1: 0.27mg (18.01%), Magnesium: 69.49mg (17.37%), Vitamin E: 2.47mg (16.44%), Zinc: 2.08mg (13.88%), Folate: 44.7µg (11.18%), Iron: 1.78mg (9.89%), Vitamin A: 352.65IU (7.05%), Calcium: 68.93mg (6.89%), Manganese: 0.12mg (5.92%), Fiber: 0.42g (1.69%)