

Seafood Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups torn bibb lettuce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 4 cups fennel bulb thinly sliced (1 medium bulb)
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 garlic clove minced

- ☐ 0.3 cup juice of lemon fresh divided
- ☐ 2 pounds mussels scrubbed
- ☐ 0.8 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 pound squid rings skinless cleaned cut into (1-inch) rings

Equipment

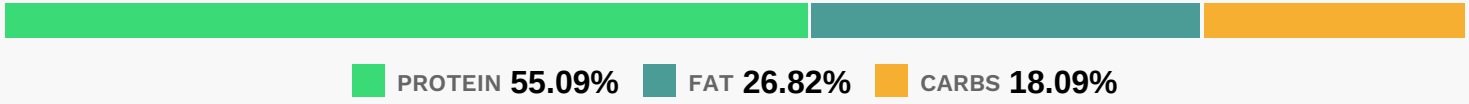
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ slotted spoon
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Combine wine and mussels in a Dutch oven over medium-high heat. Cover and cook for 5 minutes or until mussels open; discard any unopened shells.
- ☐ Remove mussels from pan with a slotted spoon, reserving liquid.
- ☐ Remove meat from mussels, and discard shells.
- ☐ Place mussels in a large bowl. Line a sieve with dampened cheesecloth, allowing cheesecloth to extend over edge of sieve.
- ☐ Drain cooking liquid through sieve over a bowl, reserving liquid; discard cheesecloth.
- ☐ Return liquid to pan; bring to a boil.
- ☐ Add shrimp and squid to pan; cook for 4 minutes or until done, stirring occasionally.
- ☐ Remove shrimp and squid with a slotted spoon; discard liquid.
- ☐ Add shrimp and squid to mussels.
- ☐ Combine 1/4 cup lemon juice and next 6 ingredients (through garlic) in a bowl, stirring well with a whisk.

- ☐
- Drizzle lemon juice mixture over shrimp mixture, tossing to coat.
- ☐
- Combine lettuce and fennel in a large bowl.
- ☐
- Add remaining 4 teaspoons lemon juice to fennel mixture, and toss to coat. Arrange fennel mixture on a platter; top with shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:30.78043471212%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 216.15kcal (10.81%), Fat: 6.14g (9.44%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 7.38g (2.68%), Sugar: 2.5g (2.78%), Cholesterol: 239.59mg (79.86%), Sodium: 522.51mg (22.72%), Alcohol: 1.54g (100%), Alcohol %: 0.69% (100%), Protein: 28.36g (56.71%), Vitamin B12: 7.68µg (127.95%), Manganese: 2.2mg (109.9%), Vitamin K: 84.44µg (80.42%), Selenium: 52.56µg (75.09%), Copper: 1.39mg (69.48%), Phosphorus: 401.49mg (40.15%), Vitamin A: 1498.09IU (29.96%), Vitamin B2: 0.4mg (23.46%), Vitamin C: 19.29mg (23.38%), Potassium: 775.46mg (22.16%), Iron: 3.92mg (21.79%), Magnesium: 74.2mg (18.55%), Zinc: 2.77mg (18.44%), Folate: 70.1µg (17.53%), Vitamin B3: 2.63mg (13.13%), Vitamin E: 1.85mg (12.35%), Calcium: 109.55mg (10.96%), Vitamin B1: 0.14mg (9.2%), Fiber: 1.93g (7.72%), Vitamin B5: 0.76mg (7.63%), Vitamin B6: 0.13mg (6.55%)