



Seafood Salad

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small avocado pitted peeled halved
- 8 ounces baby carrots halved lengthwise
- 1 tablespoon capers
- 3 stalks celery thinly sliced quartered (1, 2)
- 2 cups croutons
- 3 small cloves garlic smashed chopped (2, 1)
- 1 juice of lemon
- 4 servings kosher salt and pepper freshly ground

- 1 tablespoon mayonnaise light
- 2 romaine lettuce hearts
- 0.5 pound sea scallops halved
- 0.8 pound shrimp deveined peeled

Equipment

- bowl
- sauce pan
- ladle
- blender
- slotted spoon
- colander

Directions

- Combine the quartered celery, smashed garlic, half of the lemon juice, 10 cups water, and salt and pepper to taste in a large saucepan. Cover and bring to a boil, then uncover, add the carrots and cook 2 minutes.
- Add the shrimp and cook until opaque, about 4 minutes. With a slotted spoon, transfer the carrots and shrimp to a colander and rinse under cold water. Return the water to a boil, add the scallops and cook until opaque, 1 to 2 minutes.
- Remove the scallops with a slotted spoon, add to the colander and rinse under cold water.
- Ladle out 1/3 cup of the poaching liquid; set aside to cool. Dice half of the avocado and combine with the sliced celery, lettuce, capers and croutons in a large bowl.
- Add the carrots, shrimp and scallops.
- Puree the remaining avocado half in a blender with the reserved poaching liquid, the remaining lemon juice, the caper brine, chopped garlic, mayonnaise, 1/2 teaspoon salt, and pepper to taste. Toss with the salad and season with salt and pepper.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 36.83% ■ FAT 30.16% ■ CARBS 33.01%

Properties

Glycemic Index:43.5, Glycemic Load:8.1, Inflammation Score:-10, Nutrition Score:21.169565159342%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 293.08kcal (14.65%), Fat: 10.08g (15.51%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 18.14g (6.6%), Sugar: 3.94g (4.38%), Cholesterol: 151.1mg (50.37%), Sodium: 779.6mg (33.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.39%), Vitamin A: 9253.83IU (185.08%), Phosphorus: 446.8mg (44.68%), Vitamin K: 41.43µg (39.46%), Folate: 116.89µg (29.22%), Copper: 0.56mg (27.78%), Fiber: 6.68g (26.74%), Potassium: 868.7mg (24.82%), Selenium: 14.21µg (20.3%), Magnesium: 74.14mg (18.54%), Manganese: 0.36mg (18.16%), Zinc: 2.32mg (15.45%), Vitamin B6: 0.3mg (14.92%), Vitamin C: 11.68mg (14.16%), Vitamin B12: 0.8µg (13.32%), Iron: 2.33mg (12.95%), Vitamin B3: 2.58mg (12.9%), Vitamin B5: 1.23mg (12.31%), Calcium: 115.68mg (11.57%), Vitamin B1: 0.17mg (11.43%), Vitamin B2: 0.17mg (9.88%), Vitamin E: 1.25mg (8.31%)