



Seafood Salad

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

READY IN



60 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound calamari halved thinly sliced
- 2 inner stalks celery thinly sliced
- 1 small bulb fennel cored thinly sliced quartered for topping
- 0.5 cup parsley fresh
- 4 cloves garlic smashed
- 0.5 cup olives green pitted sliced
- 6 servings kosher salt
- 3 lemons juiced halved (1, 2)

- 1 pound mussels scrubbed
- 6 tablespoons olive oil extra-virgin
- 6 servings pepper freshly ground
- 1 small onion red thinly sliced
- 0.5 pound shrimp deveined peeled
- 0.5 pound if halved quartered

Equipment

- bowl
- pot
- sieve

Directions

- Bring a pot of salted water to a boil.
- Add the lemon halves and garlic, then submerge a large heatproof strainer in the water. Soak the red onion in ice water while you cook the seafood. Fill a large bowl with ice water; set aside.
- Add the shrimp to the strainer in the boiling water and cook until pink, about 2 minutes; carefully remove the strainer and add the shrimp to the large bowl of ice water. Bring the water back to a boil, return the strainer to the pot, then add the scallops and simmer until cooked through, about 2 minutes; remove the strainer and add the scallops to the ice water. Repeat with the calamari, cooking until they just turn opaque, about 2 minutes. Repeat with the mussels, covering the pot; cook until the shells open, about 5 minutes.
- Drain the seafood from the ice water and remove the mussels from their shells; pat the seafood dry.
- Drain the red onion and pat dry.
- Combine the seafood, red onion, celery, fennel, olives and parsley in a large bowl.
- Drizzle with the lemon juice and olive oil and toss; season with salt and pepper.
- Let stand 30 minutes before serving (or refrigerate up to 4 hours; bring to room temperature before serving). Top with fennel fronds. Photograph by Con Poulos

Nutrition Facts

PROTEIN 32.71% FAT 48.73% CARBS 18.56%

Properties

Glycemic Index:45.58, Glycemic Load:2.98, Inflammation Score:-7, Nutrition Score:31.488260849662%

Flavonoids

Eriodictyol: 11.96mg, Eriodictyol: 11.96mg, Eriodictyol: 11.96mg, Eriodictyol: 11.96mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 323.91kcal (16.2%), Fat: 18.06g (27.78%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 11.82g (4.3%), Sugar: 3.8g (4.22%), Cholesterol: 212.83mg (70.94%), Sodium: 724.26mg (31.49%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.28g (54.56%), Vitamin K: 115.78µg (110.26%), Vitamin B12: 5.9µg (98.28%), Manganese: 1.52mg (76%), Selenium: 48.49µg (69.28%), Copper: 1.35mg (67.3%), Vitamin C: 47.72mg (57.84%), Phosphorus: 448.74mg (44.87%), Vitamin E: 3.69mg (24.61%), Potassium: 748.3mg (21.38%), Vitamin B2: 0.36mg (21.02%), Iron: 3.39mg (18.82%), Magnesium: 70.71mg (17.68%), Zinc: 2.56mg (17.07%), Fiber: 3.66g (14.63%), Folate: 53.52µg (13.38%), Vitamin B3: 2.56mg (12.78%), Vitamin A: 618.17IU (12.36%), Calcium: 109.6mg (10.96%), Vitamin B6: 0.2mg (9.81%), Vitamin B5: 0.81mg (8.12%), Vitamin B1: 0.12mg (8.04%)