



Seafood Salad

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olives black pitted sliced (such as kalamata)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chili powder sweet
- ☐ 1 small cucumber peeled thinly sliced
- ☐ 0.3 cup mint leaves fresh packed chopped
- ☐ 1 clove garlic chopped
- ☐ 4 ounces goat cheese fresh
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon honey

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest
- ☐ 1 pound octopus legs cleaned (by fishmonger)
- ☐ 2 tablespoons olive oil
- ☐ 1 small and orange peppers yellow cored seeded thinly sliced
- ☐ 4 6-inch wholewheat pita breads whole-wheat ()
- ☐ 4 ounces yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 1 small zucchini thinly sliced

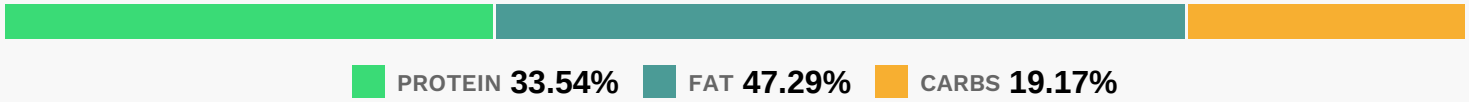
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine dressing ingredients with 6 tablespoons water in a blender. Coat grill or grill pan with cooking spray and heat over medium-high heat. Lightly coat octopus with cooking spray and sprinkle with salt, chili powder and black pepper. Grill octopus, turning occasionally, until meat is white, 8 to 10 minutes. Roughly chop octopus on the diagonal. Toss octopus in a bowl with vegetables, olives, mint and juice.
- ☐ Transfer to a platter and serve with dressing and pita on the side.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:69.57, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:25.633478320163%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 294.28kcal (14.71%), Fat: 15.59g (23.98%), Saturated Fat: 5.79g (36.19%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 12.46g (4.53%), Sugar: 8.94g (9.93%), Cholesterol: 69.17mg (23.06%), Sodium: 611.93mg (26.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.74%), Vitamin B12: 22.89µg (381.54%), Selenium: 52.97µg (75.67%), Vitamin C: 42.13mg (51.06%), Iron: 7.3mg (40.55%), Copper: 0.78mg (39.08%), Phosphorus: 356.28mg (35.63%), Vitamin B6: 0.65mg (32.41%), Vitamin A: 1431.06IU (28.62%), Vitamin E: 3.13mg (20.88%), Potassium: 688.84mg (19.68%), Zinc: 2.72mg (18.16%), Calcium: 180.65mg (18.06%), Vitamin B2: 0.29mg (16.84%), Magnesium: 60.98mg (15.25%), Vitamin B3: 3.03mg (15.16%), Folate: 51.35µg (12.84%), Manganese: 0.24mg (12.21%), Vitamin B5: 1.18mg (11.84%), Vitamin K: 10.72µg (10.21%), Vitamin B1: 0.11mg (7.6%), Fiber: 1.77g (7.06%)