



Seafood Salad with Collard Greens Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons capers drained
- ☐ 12 servings collard greens
- ☐ 2 tablespoons dijon mustard
- ☐ 2 cups wine dry white
- ☐ 0.3 cup basil fresh packed chopped ()
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 large garlic clove minced
- ☐ 2 pounds littleneck clams scrubbed

- ☐ 2 pounds mussels scrubbed
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 pounds scallops trimmed
- ☐ 1.5 pounds shrimp deveined uncooked peeled
- ☐ 0.3 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Whisk first 8 ingredients in bowl to blend. Season dressing with salt and pepper. (Can be made 1 day ahead; chill. Bring to room temperature before using.)
- ☐ Combine clams, mussels, and wine in large wide pot. Cover tightly; cook over high heat until clams and mussels open, about 8 minutes (discard any clams and mussels that do not open). Using slotted spoon, transfer clams and mussels to very large bowl. Strain cooking liquid into medium bowl.
- ☐ Whisk 1/3 cup cooking liquid into dressing (reserve remaining cooking liquid for another use).
- ☐ Cook scallops in large saucepan of boiling salted water until just opaque in center, about 3 minutes. Using slotted spoon, add scallops to clams and mussels. Return water in saucepan to boil.
- ☐ Add shrimp and cook just until opaque in center, about 3 minutes.
- ☐ Drain.
- ☐ Transfer to bowl with shellfish. (Can be prepared 4 hours ahead and refrigerated.)
- ☐ Pour dressing over shellfish and toss to blend.
- ☐ Arrange slaw on very large platter. Mound salad in center and serve.

Nutrition Facts

PROTEIN 63.27% FAT 19.12% CARBS 17.61%

Properties

Glycemic Index:21.33, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:26.446087028669%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.79mg, Kaempferol: 5.79mg, Kaempferol: 5.79mg, Kaempferol: 5.79mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 208.26kcal (10.41%), Fat: 3.78g (5.82%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 6.14g (2.23%), Sugar: 0.62g (0.69%), Cholesterol: 123.63mg (41.21%), Sodium: 573.95mg (24.95%), Alcohol: 4.12g (100%), Alcohol %: 1.87% (100%), Protein: 28.14g (56.29%), Vitamin K: 177.73µg (169.27%), Vitamin B12: 6.97µg (116.23%), Manganese: 1.67mg (83.57%), Phosphorus: 494mg (49.4%), Selenium: 31.93µg (45.61%), Vitamin A: 2044.74IU (40.89%), Vitamin C: 17.57mg (21.29%), Folate: 78.24µg (19.56%), Magnesium: 68.65mg (17.16%), Potassium: 556.49mg (15.9%), Copper: 0.32mg (15.79%), Iron: 2.78mg (15.43%), Zinc: 2.3mg (15.31%), Calcium: 148.98mg (14.9%), Vitamin E: 1.43mg (9.55%), Vitamin B2: 0.16mg (9.24%), Vitamin B6: 0.17mg (8.5%), Vitamin B3: 1.56mg (7.79%), Fiber: 1.7g (6.79%), Vitamin B1: 0.1mg (6.53%), Vitamin B5: 0.5mg (5.05%)