



WHATSheATE



Seafood Salad with Creamy Tarragon Dressing



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 avocado diced pitted peeled



0.5 pound bay scallops



0.5 pound squid rings cleaned cut into 1/2-in.-wide rings and tentacles cut in half lengthwise



0.3 cup capers drained



1 tablespoon dijon mustard



0.3 cup tarragon fresh coarsely chopped



0.5 tsp kosher salt



0.3 cup juice of lemon fresh

- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 tsp pepper
- ☐ 1 pound shrimp deveined peeled per lb.)
- ☐ 0.5 cup watercress coarsely chopped

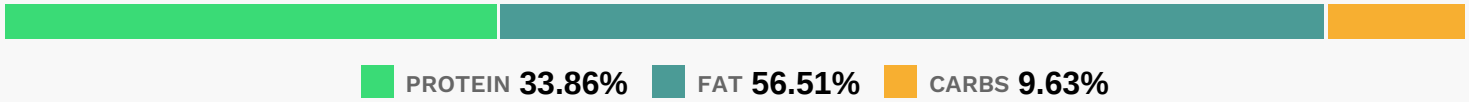
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil over high heat.
- ☐ Add shrimp, scallops, and calamari. Cover, remove from heat, and let steep just until shrimp are pink on the outside and opaque but still moist-looking in center of thickest part (cut to test), about 3 minutes.
- ☐ Drain seafood and immerse in ice water until cold; drain again.
- ☐ Meanwhile, combine mayonnaise, lemon peel and juice, tarragon, mustard, and 1/2 tsp. each salt and pepper in a food processor. Whirl until smooth.
- ☐ Combine seafood, watercress, capers, and dressing in a large bowl.
- ☐ Add more salt and pepper to taste. Gently stir in avocado.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:1.46, Inflammation Score:-6, Nutrition Score:24.888695639113%

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: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 15.34mg, Kaempferol: 15.34mg, Kaempferol: 15.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 20.2mg, Quercetin: 20.2mg, Quercetin: 20.2mg, Quercetin: 20.2mg

Nutrients (% of daily need)

Calories: 477.37kcal (23.87%), Fat: 30.47g (46.88%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 7.38g (2.68%), Sugar: 1g (1.12%), Cholesterol: 340.05mg (113.35%), Sodium: 1202.21mg (52.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.08g (82.16%), Copper: 1.7mg (85.19%), Vitamin K: 69.97µg (66.64%), Phosphorus: 608.71mg (60.87%), Selenium: 35.12µg (50.17%), Potassium: 944.57mg (26.99%), Vitamin B12: 1.57µg (26.17%), Magnesium: 104.51mg (26.13%), Manganese: 0.46mg (23.16%), Zinc: 3.47mg (23.11%), Vitamin B2: 0.38mg (22.43%), Vitamin C: 18.14mg (21.99%), Vitamin E: 2.82mg (18.78%), Folate: 69.06µg (17.27%), Fiber: 4.3g (17.19%), Iron: 2.85mg (15.83%), Calcium: 153.41mg (15.34%), Vitamin B6: 0.3mg (15.03%), Vitamin B3: 2.91mg (14.57%), Vitamin B5: 1.2mg (12.04%), Vitamin A: 401.76IU (8.04%), Vitamin B1: 0.08mg (5.13%)