Seafood Salad with Fennel and Green Beans

Gluten Free   Dairy Free

READY IN	SERVINGS	CALORIES
1500 min.	6	230 kcal

LUNCH   MAIN COURSE   MAIN DISH   DINNER

Ingredients

- [ ] 0.3 cup basil fresh
- [ ] 0.3 teaspoon pepper black
- [ ] 2 cups cherry tomatoes
- [ ] 6 servings sea salt
- [ ] 2 small fennel bulb (sometimes called anise;)
- [ ] 0.5 lb green beans ends trimmed
- [ ] 1.3 lb pd of lobster
- [ ] 2 tablespoons olive oil extra virgin extra-virgin

- [ ] 0.5 cup onion red coarsely chopped
- [ ] 2 tablespoons red-wine vinegar
- [ ] 0.8 teaspoon salt
- [ ] 1 lb scallops
- [ ] 1 lb shrimp per lb)

Equipment

- [ ] food processor
- [ ] bowl
- [ ] frying pan
- [ ] paper towels
- [ ] knife
- [ ] pot
- [ ] sieve
- [ ] baking pan
- [ ] slotted spoon
- [ ] tongs
- [ ] colander

Directions

- [ ] Bring an 8-quart pot three-quarters full of salted water to a boil.
- [ ] While water is heating, force beans, stem ends first, through frencher (see cooks' note, below). Cook beans in boiling water, uncovered, until crisp-tender, 3 to 4 minutes, then immediately transfer with a slotted spoon (reserving cooking water) to a bowl of ice and cold water to stop cooking.
- [ ] Drain beans in a colander, then pat dry with paper towels. Set aside.
- [ ] Return water to a boil, then plunge lobster headfirst into water and cook over high heat, covered, 8 minutes from time it enters water.
- [ ] Transfer lobster with tongs to a shallow baking pan. Reserve water in pot.
- [ ] While lobster is boiling, coarsely chop tomatoes with onion in a food processor.

- [ ] Transfer to a large bowl and add vinegar and 1/2 teaspoon salt.

- [ ] Let stand 15 minutes.

- [ ] Cut fennel into paper-thin slices with slicer and stir into tomato mixture along with 1 1/2 tablespoons oil.

- [ ] Return water in pot to a boil.

- [ ] Add shrimp and simmer until just cooked through, about 3 minutes, then transfer to pan with lobster, reserving cooking water.

- [ ] Add scallops to pot and simmer until just cooked through, about 3 minutes, then transfer to pan with lobster and shrimp. Discard cooking water.

- [ ] When cool enough to handle, remove meat from lobster tail and claws using kitchen shears, catching juices in pan. Working over pan, remove shells from shrimp. Discard lobster and shrimp shells.

- [ ] Cut shrimp in half lengthwise and devein.

- [ ] Cut lobster meat and scallops into 1/2-inch pieces.

- [ ] Transfer seafood to a bowl and pour juices from pan through a fine-mesh sieve over seafood. Toss seafood with pepper and remaining 1/2 tablespoon oil and 1/4 teaspoon salt, then add to fennel mixture along with basil and green beans, tossing well.

- [ ] If you do not have a frencher, beans can be halved lengthwise with a small knife.

Nutrition Facts

PROTEIN **53.06%**   FAT **22.86%**   CARBS **24.08%**
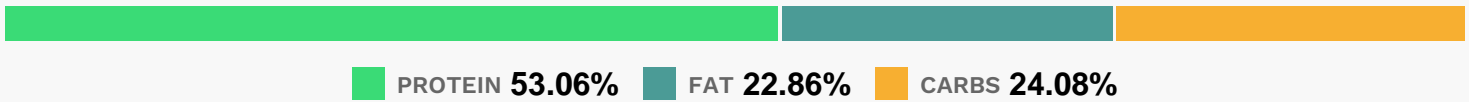
Properties

Glycemic Index:36.67, Glycemic Load:2.51, Inflammation Score:-7, Nutrition Score:20.414782669233%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 229.69kcal (11.48%), Fat: 5.94g (9.14%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 10.02g (3.64%), Sugar: 6.1g (6.78%), Cholesterol: 173.46mg (57.82%), Sodium: 1032.1mg (44.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.03%), Vitamin K: 75.16µg (71.58%), Phosphorus: 529.3mg (52.93%), Copper: 0.8mg (39.85%), Selenium: 27.6µg (39.43%), Vitamin C: 26.55mg (32.18%), Potassium: 945.03mg (27%), Vitamin B12: 1.4µg (23.28%), Magnesium: 82.87mg (20.72%), Zinc: 2.99mg (19.92%), Manganese: 0.38mg (19.1%), Fiber: 4.06g (16.22%), Folate: 58.19µg (14.55%), Calcium: 139.26mg (13.93%), Vitamin A: 682.59IU (13.65%), Iron: 2.18mg (12.09%), Vitamin E: 1.8mg (12.01%), Vitamin B6: 0.23mg (11.51%), Vitamin B3: 2.02mg (10.11%), Vitamin B5: 0.9mg (8.96%), Vitamin B2: 0.09mg (5.59%), Vitamin B1: 0.07mg (4.93%)