



Shrimp and Calamari Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup baby carrots
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup celery thinly sliced
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1.5 cups fennel bulb thinly sliced ()
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 cups the salad mixed

- ☐ 0.3 cup onion red
- ☐ 0.8 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 0.8 pound squid rings skinless cleaned
- ☐ 6 cups water

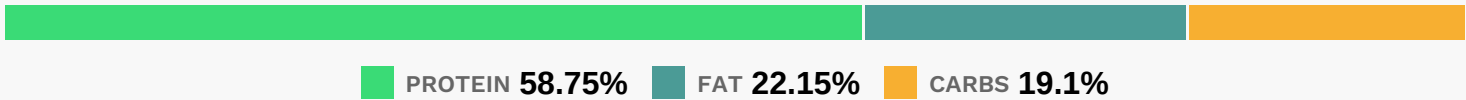
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a large saucepan.
- ☐ Add shrimp to pan; cook for 3 minutes.
- ☐ Add squid to pan; cook for 1 minute or until done.
- ☐ Drain and rinse with cold water; drain and cool.
- ☐ Combine fennel and next 8 ingredients (through pepper) in a large bowl.
- ☐ Add shrimp mixture to bowl; toss well. Arrange 1 cup greens on each of 4 plates; top each serving with about 1 1/2 cups shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:24.986956378688%

Flavonoids

Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg

Isorhamnetin: 0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 214.99kcal (10.75%), Fat: 5.33g (8.2%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 8.12g (2.95%), Sugar: 3.12g (3.46%), Cholesterol: 335.09mg (111.7%), Sodium: 654.73mg (28.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.59%), Copper: 2.08mg (103.76%), Vitamin K: 80.94µg (77.09%), Vitamin A: 3100.23IU (62%), Selenium: 38.81µg (55.44%), Phosphorus: 418.15mg (41.82%), Vitamin C: 27.47mg (33.3%), Vitamin B2: 0.41mg (24.03%), Potassium: 785.78mg (22.45%), Magnesium: 79.11mg (19.78%), Vitamin B12: 1.11µg (18.43%), Zinc: 2.74mg (18.29%), Calcium: 136.67mg (13.67%), Manganese: 0.27mg (13.26%), Vitamin B3: 2.52mg (12.58%), Folate: 50µg (12.5%), Vitamin E: 1.82mg (12.16%), Iron: 1.96mg (10.86%), Fiber: 2.21g (8.86%), Vitamin B6: 0.15mg (7.53%), Vitamin B5: 0.72mg (7.16%), Vitamin B1: 0.05mg (3.49%)