



Squid and Mussel Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



142 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 belgian endive
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.5 large fennel bulb cored trimmed thinly sliced (sometimes called anise; 8 oz)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 lb mussels

- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 medium onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 lb squid rings whole separated cleaned

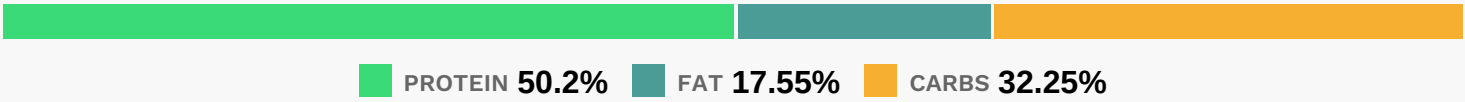
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Plunge squid into a large saucepan of boiling water, then remove pan from heat and let stand, stirring once or twice, 1 1/2 minutes.
- ☐ Drain squid in a colander and cool.
- ☐ Cut squid bodies crosswise into thin slices and halve tentacles crosswise.
- ☐ Scrub mussels and rinse well, then cook in a 5- to 6-quart heavy pot over moderately high heat, covered, until shells are opened, 4 to 6 minutes, checking frequently after 4 minutes and transferring mussels as opened to a bowl. (Discard any unopened mussels after 6 minutes.) Cool mussels, then remove from shells.
- ☐ Whisk together vinegar, citrus juices, oil, garlic, salt, and pepper in a bowl and add squid, mussels, fennel, onion, and parsley, tossing to combine.
- ☐ Serve salad on endive leaves.
- ☐ Salad can be made 6 hours ahead and chilled, covered.
- ☐ Each serving contains about 122 calories and 3 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:25.436086965644%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 141.91kcal (7.1%), Fat: 2.76g (4.25%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 7.29g (2.65%), Sugar: 1.79g (1.99%), Cholesterol: 186.94mg (62.31%), Sodium: 254.21mg (11.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.58%), Vitamin B12: 5.61µg (93.49%), Copper: 1.54mg (77.14%), Manganese: 1.52mg (76.07%), Selenium: 51.57µg (73.68%), Vitamin K: 34.73µg (33.08%), Phosphorus: 285.86mg (28.59%), Vitamin B2: 0.43mg (25.52%), Vitamin C: 19.2mg (23.28%), Potassium: 656.28mg (18.75%), Folate: 70.94µg (17.74%), Fiber: 4.14g (16.56%), Iron: 2.58mg (14.31%), Magnesium: 54.9mg (13.73%), Zinc: 2.02mg (13.48%), Vitamin B3: 2.62mg (13.08%), Vitamin B1: 0.16mg (10.43%), Vitamin E: 1.35mg (9.01%), Vitamin B5: 0.81mg (8.06%), Calcium: 69.79mg (6.98%), Vitamin B6: 0.13mg (6.69%), Vitamin A: 268.11IU (5.36%)