



Thai Seafood Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper red
- ☐ 1 teaspoon chili paste depending on your taste pref with garlic
- ☐ 1 cucumber halved lengthwise thinly sliced
- ☐ 2.5 tablespoons fish sauce
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 2 lemon grass fresh trimmed thinly sliced
- ☐ 5 tablespoons juice of lime fresh
- ☐ 8 ounces lump crab meat drained

- ☐ 0.5 cup onion red
- ☐ 8 ounces scallops
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup water

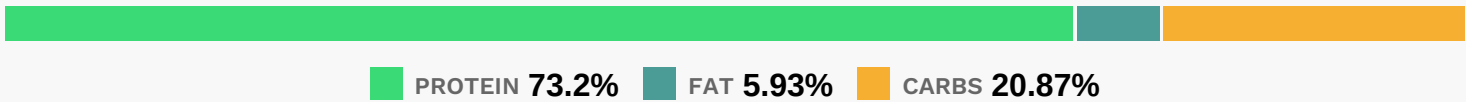
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Bring 1/4 cup water to a simmer in a large skillet.
- ☐ Add scallops to pan; cover and cook 3 minutes or until done.
- ☐ Remove scallops from pan with a slotted spoon; pat scallops dry with paper towels.
- ☐ Place scallops in a large bowl.
- ☐ Add shrimp to simmering water in pan; cover and cook 3 minutes or until done.
- ☐ Drain well; add to scallops.
- ☐ While scallops and shrimp cook, combine lime juice, fish sauce, sugar, and chile paste; stir to dissolve sugar.
- ☐ Add juice mixture, bell pepper, and remaining ingredients to scallop mixture; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:24.02, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:16.783043643703%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 152.03kcal (7.6%), Fat: 1.01g (1.55%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 6.65g (2.42%), Sugar: 3.52g (3.91%), Cholesterol: 146.66mg (48.89%), Sodium: 1147.01mg (49.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Vitamin B12: 3.97µg (66.18%), Vitamin C: 41.58mg (50.4%), Phosphorus: 397.4mg (39.74%), Copper: 0.72mg (35.91%), Selenium: 19.46µg (27.8%), Zinc: 3.86mg (25.74%), Magnesium: 80.43mg (20.11%), Vitamin A: 912.56IU (18.25%), Potassium: 556.09mg (15.89%), Folate: 52.18µg (13.05%), Manganese: 0.25mg (12.75%), Vitamin B6: 0.24mg (11.88%), Calcium: 90.93mg (9.09%), Iron: 1.31mg (7.29%), Vitamin B3: 1.21mg (6.07%), Fiber: 1.3g (5.21%), Vitamin K: 4.96µg (4.72%), Vitamin B5: 0.46mg (4.6%), Vitamin B2: 0.07mg (4.31%), Vitamin B1: 0.06mg (4.09%), Vitamin E: 0.44mg (2.93%)