



Tradesmen's Tri-Seafood Salad with Basil Parmesan Vinaigrette

 Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



1171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider vinegar
- 16 ounce artichoke hearts quartered canned
- 12 basil sprigs for garnish
- 1 pound bay scallops steamed
- 16 ounce olives black pitted drained canned
- 6 servings pepper black freshly ground
- 18 ounce albacore tuna separated drained canned

- 16 ounce chick peas canned (garbanzo beans)
- 3 tablespoons chives chopped
- 1 teaspoon dijon mustard
- 0.5 cup basil leaves fresh packed chopped
- 1 pound green beans fresh steamed trimmed cut into 1-inch lengths, and until just tender and allowed to cool
- 8 ounce peas fresh frozen cooled drained
- 3 garlic cloves minced
- 1 pint grape tomatoes halved
- 2 lemons fresh
- 2.3 cups olive oil extra-virgin
- 0.5 cup parmesan grated
- 6 servings parmesan shaved for garnish
- 16 ounce kidney beans dark red canned
- 18 ounce rock shrimp drained canned
- 1 pound tri-color rotini pasta boiled

Equipment

- bowl
- mixing bowl
- blender
- microwave

Directions

- Prepare the vinaigrette, just before use.
- Place the lemons in a small microwave-safe bowl and microwave until the essential oils in the skin are released. Since these will be hot coming from the microwave, you will need to set them aside briefly, until they cool just enough to handle.
- Pour vinegar into a blender, turn it on, and then squeeze in lemon juice from the micro-waved lemons. Leaving the blender running, add 1 at a time through the feed opening: garlic, mustard,

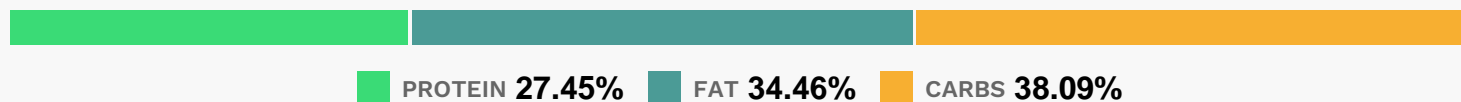
chives, basil, Parmesan, and pepper and blend until smooth. While keeping the blender running, add oil through the feed opening in a slow stream. Set aside until needed.

In a large mixing bowl combine kidney beans, chick peas, green beans, artichoke hearts, and black olives. Dress with enough vinaigrette to coat well, then gently fold in pasta, scallops, shrimp, tuna, peas, and grape tomatoes. Taste and adjust dressing as needed. Do not feel compelled to use all of the dressing. You want enough to complement the ingredients of the salad without overcoming their flavors. (You can always serve dressing on the side, or add more to the salad if you wish. The pasta will absorb some of the vinaigrette.)

Transfer to serving bowls or serve family style.

Garnish with basil sprigs and shaved Parmesan.

Nutrition Facts



Properties

Glycemic Index:106.74, Glycemic Load:34.02, Inflammation Score:-10, Nutrition Score:55.370870175569%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 1170.52kcal (58.53%), Fat: 45.07g (69.34%), Saturated Fat: 11.46g (71.6%), Carbohydrates: 112.11g (37.37%), Net Carbohydrates: 90.79g (33.01%), Sugar: 11.26g (12.51%), Cholesterol: 187.09mg (62.36%), Sodium: 3408.82mg (148.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.78g (161.56%), Selenium: 152.05µg (217.21%), Phosphorus: 1325.43mg (132.54%), Manganese: 2.26mg (113.23%), Fiber: 21.32g (85.3%), Vitamin K: 83.4µg (79.43%), Vitamin C: 57.06mg (69.16%), Calcium: 684.83mg (68.48%), Vitamin B6: 1.28mg (63.94%), Folate: 234.6µg (58.65%), Vitamin B12: 3.46µg (57.75%), Magnesium: 230.05mg (57.51%), Vitamin B3: 10.98mg (54.9%), Vitamin E: 8.12mg (54.12%), Copper: 1.02mg (51.23%), Vitamin A: 2470.1IU (49.4%), Potassium: 1621.25mg (46.32%), Iron: 8.15mg (45.29%), Zinc: 6.27mg (41.79%), Vitamin B1: 0.49mg (32.4%), Vitamin B2: 0.45mg (26.56%), Vitamin B5: 1.81mg (18.12%), Vitamin D: 1.98µg (13.18%)