

food
network



HEALTH SCORE

85%

Warm Seafood Salad: Insalata Tiepida



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 crayfish boiled shelled
- ☐ 2 cups bitter greens wild dry washed and spun can substitute baby mustard greens
- ☐ 2 lemons cut into wedges
- ☐ 1 bunch mint leaves whole
- ☐ 12 mussels rinsed scrubbed
- ☐ 12 baby octopus with a cork and cooled boiled
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 tablespoon peperoncini pepper fresh red hot thinly sliced

- ☐ 4 tablespoons red wine vinegar
- ☐ 4 servings rock salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 scallions thinly sliced
- ☐ 4 small squid rings whole cleaned peeled

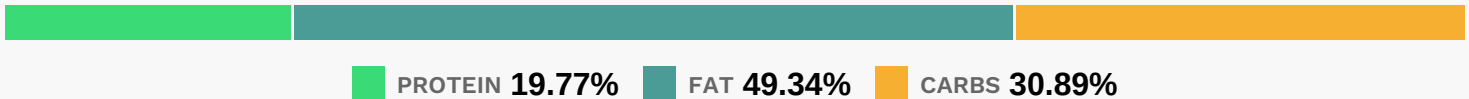
Equipment

- ☐ bowl

Directions

- ☐ Bring 2 quarts water to boil and add 1 teaspoon salt and 1 tablespoon red vinegar.
- ☐ Add the mussels, octopus, and prawns and boil for 1 minute. The prawns should redden and mussels should start to open.
- ☐ Add the squid and the crayfish and continue to cook over high heat until the squid is just translucent, about 1 minute.
- ☐ Drain everything and place the seafood all together in a warm bowl.
- ☐ Add the scallions, vinegar, olive oil, peppers, salt and pepper, and the mint, and toss to coat.
- ☐ Add the greens, toss again, and serve warm with lemon wedges and rock salt.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:18.307391259981%

Flavonoids

Eriodictyol: 11.84mg, Eriodictyol: 11.84mg, Eriodictyol: 11.84mg, Eriodictyol: 11.84mg Hesperetin: 15.17mg, Hesperetin: 15.17mg, Hesperetin: 15.17mg, Hesperetin: 15.17mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.72mg,

Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 107.48kcal (5.37%), Fat: 6.38g (9.82%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 5.94g (2.16%), Sugar: 1.87g (2.08%), Cholesterol: 14.73mg (4.91%), Sodium: 283.63mg (12.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.51%), Vitamin K: 90.56µg (86.25%), Vitamin C: 51.91mg (62.92%), Vitamin B12: 3.64µg (60.73%), Manganese: 1.09mg (54.45%), Selenium: 14.37µg (20.53%), Vitamin A: 1015.15IU (20.3%), Iron: 2.34mg (13.02%), Fiber: 3.05g (12.2%), Vitamin E: 1.65mg (11.02%), Phosphorus: 94.8mg (9.48%), Potassium: 329.93mg (9.43%), Copper: 0.17mg (8.49%), Magnesium: 29.16mg (7.29%), Calcium: 70.96mg (7.1%), Vitamin B6: 0.13mg (6.54%), Vitamin B2: 0.11mg (6.53%), Folate: 25.69µg (6.42%), Vitamin B1: 0.09mg (6.1%), Zinc: 0.66mg (4.42%), Vitamin B3: 0.87mg (4.36%), Vitamin B5: 0.35mg (3.49%)