



Citrus Seafood Salad



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 2 tablespoons bell pepper green chopped
- ☐ 4 leaf lettuce leaves green
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 teaspoon lime rind grated
- ☐ 0.3 pound lump crab meat fresh drained
- ☐ 2 tablespoons mayonnaise reduced-calorie

- ☐ 1 tablespoon onion chopped
- ☐ 2 tablespoons orange juice concentrate frozen undiluted
- ☐ 0.5 pound shrimp fresh unpeeled
- ☐ 4 cups water

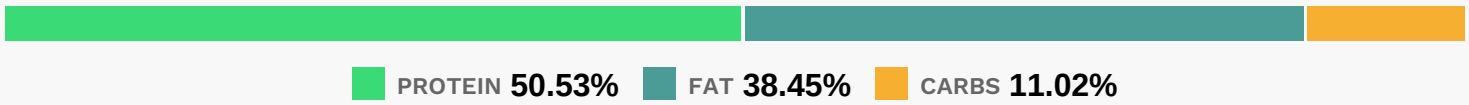
Equipment

- ☐ bowl

Directions

- ☐ Peel and devein shrimp. Bring water to a boil; add shrimp, and cook 3 to 5 minutes or until shrimp turns pink.
- ☐ Drain well; rinse with cold water.
- ☐ Combine shrimp, crabmeat, and next 3 ingredients in a medium bowl.
- ☐ Combine mayonnaise and next 4 ingredients, stirring well.
- ☐ Add mayonnaise mixture to shrimp mixture, and toss well. Cover and chill thoroughly. To serve, spoon shrimp mixture evenly onto 2 lettuce-lined salad plates.

Nutrition Facts



Properties

Glycemic Index:91.5, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:18.735217433909%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 269.6kcal (13.48%), Fat: 11.49g (17.67%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.68g (2.43%), Sugar: 5.28g (5.87%), Cholesterol: 212.26mg (70.75%), Sodium: 737.26mg (32.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.97g (67.93%), Vitamin B12: 5.12µg (85.33%), Copper: 1.07mg (53.51%), Vitamin C: 36.42mg (44.14%), Phosphorus: 387.89mg (38.79%), Zinc: 5.04mg (33.59%), Vitamin K: 32.73µg (31.17%), Selenium: 21.13µg (30.19%), Magnesium: 81.73mg (20.43%), Potassium: 591.65mg (16.9%), Calcium: 130.39mg (13.04%), Folate: 46.66µg (11.66%), Vitamin B6: 0.17mg (8.44%), Vitamin A: 349.24IU (6.98%), Iron: 1.11mg (6.17%), Vitamin B1: 0.08mg (5.4%), Manganese: 0.11mg (5.35%), Vitamin B3: 0.91mg (4.55%), Vitamin E: 0.65mg (4.34%), Vitamin B2: 0.07mg (4.08%), Vitamin B5: 0.37mg (3.75%), Fiber: 0.73g (2.91%)