



## Crab and Shrimp Pasta Salad

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup apple cider vinegar
- 4 ounce olives black drained sliced canned
- 1 cucumber diced english
- 1 pint grape tomatoes halved
- 8 ounce imitation crabmeat flaked
- 0.5 cup mayonnaise
- 0.3 cup olive oil
- 1 bell pepper red seeded chopped

- 8 servings salt and pepper to taste
- 6.5 ounce tiny shrimp drained canned
- 16 ounce tri-colored spiral pasta uncooked

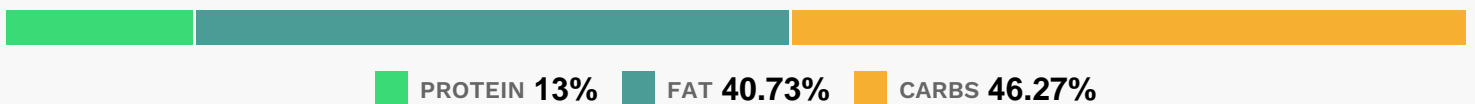
## Equipment

- bowl
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add the pasta, and cook until tender, about 10 minutes.
- Drain, and rinse under cold water to cool.
- Transfer to a large bowl, and set aside.
- In a small bowl, mix together the mayonnaise, vinegar, olive oil, salt and pepper.
- Pour over the pasta and stir to coat.
- Add the crab, shrimp, tomatoes, cucumber, black olives and bell pepper; mix gently to coat with the dressing. Taste, and adjust seasoning if desired. If the pasta is too dry, mix in more mayonnaise.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:17.88, Inflammation Score:-7, Nutrition Score:14.455217225396%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 455.13kcal (22.76%), Fat: 20.57g (31.64%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 52.58g (17.53%), Net Carbohydrates: 48.78g (17.74%), Sugar: 5.44g (6.05%), Cholesterol: 46.08mg (15.36%), Sodium: 698.76mg (30.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.55%), Selenium: 36.42µg (52.03%), Vitamin K: 38.69µg (36.85%), Vitamin C: 28.19mg (34.17%), Manganese: 0.66mg (33.07%), Vitamin A: 1062.61IU (21.25%), Phosphorus: 187.62mg (18.76%), Vitamin E: 2.6mg (17.33%), Copper: 0.33mg (16.36%), Fiber: 3.8g (15.21%), Magnesium: 53.36mg (13.34%), Potassium: 428.25mg (12.24%), Vitamin B6: 0.19mg (9.58%), Zinc: 1.35mg (9.01%), Vitamin B3: 1.53mg (7.66%), Iron: 1.34mg (7.44%), Folate: 29.67µg (7.42%), Vitamin B1: 0.1mg (6.36%), Calcium: 48.81mg (4.88%), Vitamin B5: 0.47mg (4.69%), Vitamin B2: 0.07mg (4.35%)