



Easy Seafood Salad

 Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



12

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 head cabbage diced
- 1 bunch celery diced
- 3 green onions thinly sliced
- 1 pound imitation crabmeat flaked
- 1 cup mayonnaise
- 2 pounds shrimp deveined cooked peeled
- 2 tablespoons sugar white

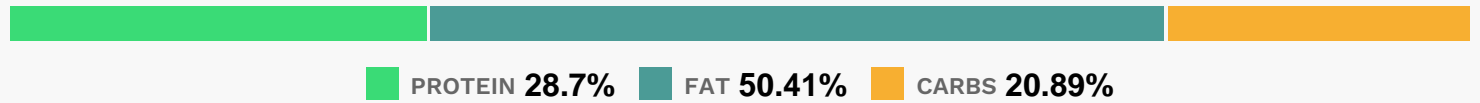
Equipment

bowl

Directions

Gently mix the shrimp, imitation crabmeat, cabbage, celery, and green onions together in a large bowl. Stir the mayonnaise and sugar together in a separate bowl until the sugar is dissolved into the mayonnaise; add to the shrimp mixture and gently stir until all ingredients are evenly coated. Refrigerate for 3 hours to allow the cabbage to soften and the flavors to blend.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:2.61, Inflammation Score:-3, Nutrition Score:10.8391303135%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 256.66kcal (12.83%), Fat: 14.44g (22.22%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 11.02g (4.01%), Sugar: 5.89g (6.54%), Cholesterol: 133.71mg (44.57%), Sodium: 437.71mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.5g (37%), Vitamin K: 95.12µg (90.59%), Vitamin C: 28.36mg (34.38%), Phosphorus: 187.28mg (18.73%), Copper: 0.32mg (15.87%), Potassium: 348.93mg (9.97%), Fiber: 2.44g (9.76%), Magnesium: 36.69mg (9.17%), Folate: 36.59µg (9.15%), Calcium: 83.66mg (8.37%), Zinc: 1.19mg (7.96%), Manganese: 0.16mg (7.78%), Vitamin E: 0.75mg (5.01%), Vitamin B6: 0.1mg (4.98%), Iron: 0.84mg (4.67%), Vitamin B1: 0.05mg (3.36%), Vitamin A: 131.16IU (2.62%), Vitamin B2: 0.04mg (2.26%), Vitamin B5: 0.2mg (2.03%), Vitamin B3: 0.2mg (1.02%)