



WHATSheATE



Layered Seafood Chef Salads



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



543 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups broccoli slaw (from 8-ounce bag)
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 hardboiled eggs sliced
- ☐ 6 cups lettuce (from 10-ounce bag)
- ☐ 8 ounces imitation crab refrigerated
- ☐ 1 cup roasted peppers red drained sliced (from 12-ounce jar)
- ☐ 1 cup thousand island dressing
- ☐ 1 cup cheddar cheese

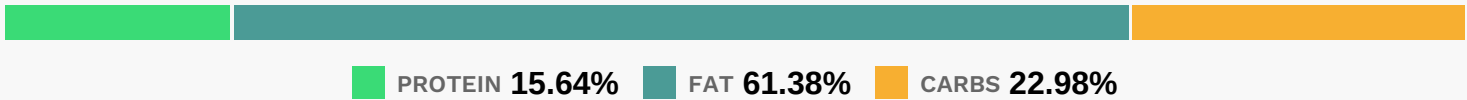
☐ 1 cup cucumber

Equipment

Directions

- ☐ For each salad, use a 4- to 5-cup container. In each container, layer ingredients in this order: 1 1/2 cups lettuce, 1 cup broccoli slaw, 1/4 cup bell peppers, 1/4 cup crabmeat, 1 egg, 1/4 cup cheese strips and 1/4 cup cucumber strips.
- ☐ Drizzle 1/4 cup dressing over each salad.
- ☐ Sprinkle with chives.
- ☐ Serve immediately or cover and refrigerate up to 24 hours.
- ☐ To serve, toss salads.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:29.108260984006%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 543.27kcal (27.16%), Fat: 37.56g (57.79%), Saturated Fat: 10.34g (64.63%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 28.52g (10.37%), Sugar: 14.64g (16.26%), Cholesterol: 237.24mg (79.08%), Sodium: 1687.82mg (73.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.07%), Vitamin C: 126.55mg (153.39%), Vitamin K: 75.63µg (72.03%), Vitamin B1: 1.08mg (71.94%), Selenium: 27.98µg (39.97%), Vitamin A: 1940.33IU (38.81%), Folate: 151.31µg (37.83%), Vitamin B2: 0.6mg (35.26%), Phosphorus: 343.29mg (34.33%), Calcium: 329.42mg (32.94%), Manganese: 0.52mg (26.02%), Vitamin E: 3.43mg (22.9%), Potassium: 771.92mg (22.05%), Vitamin B6: 0.39mg (19.32%), Iron: 3.19mg (17.73%), Zinc: 2.47mg (16.44%), Vitamin B5: 1.62mg (16.16%), Magnesium: 61.91mg (15.48%), Vitamin B12: 0.85µg (14.24%), Fiber: 3.11g (12.44%), Vitamin D: 1.27µg (8.46%),

Copper: 0.17mg (8.26%), Vitamin B3: 1.38mg (6.88%)