



Malibu Barbie - Seafood Salad

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados diced pitted ripe
- ☐ 0.3 cup freshly chives chopped
- ☐ 0.5 cup cucumber diced english
- ☐ 1 teaspoon hot sauce recommend: Tabasco
- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup lump crab meat
- ☐ 0.5 cup yogurt plain
- ☐ 1 onion diced red finely

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 6.4 shrimp deveined cooked peeled and and cut lengthwise in half
- ☐ 0.3 cup tomato ketchup
- ☐ 2 tomatoes thinly sliced

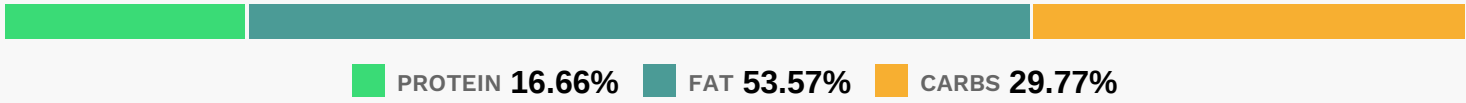
Equipment

- ☐ bowl
- ☐ blender
- ☐ ice cream scoop

Directions

- ☐ In a large bowl mix together the diced avocado, onions, cucumber, shrimp, and crabmeat and season with salt and pepper, to taste. In another bowl or a kitchen blender mix together the yogurt, ketchup, and lemon juice. When mixed thoroughly, slowly add the hot sauce, (not too much as it will over power the seafood).
- ☐ To finish the dish, slowly add the dressing to the avocado mixture until slightly wet.
- ☐ Place 3 to 4 slices of tomato in the center of each serving plate, slightly separate just so the tomatoes touch.
- ☐ Fill an ice cream scoop with the salad and place in the center of the tomatoes.
- ☐ Garnish with chopped chives and serve.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:2.24, Inflammation Score:-8, Nutrition Score:18.199565273912%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg

Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 252.65kcal (12.63%), Fat: 16.2g (24.92%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 12.09g (4.4%), Sugar: 8.53g (9.48%), Cholesterol: 38.56mg (12.85%), Sodium: 382.81mg (16.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.67%), Vitamin C: 28.22mg (34.2%), Vitamin B12: 2µg (33.39%), Fiber: 8.16g (32.65%), Vitamin K: 34.23µg (32.6%), Folate: 113.7µg (28.43%), Copper: 0.52mg (26.09%), Potassium: 885.03mg (25.29%), Vitamin B6: 0.42mg (20.97%), Phosphorus: 193.66mg (19.37%), Vitamin A: 896.98IU (17.94%), Vitamin E: 2.68mg (17.85%), Vitamin B5: 1.74mg (17.38%), Zinc: 2.51mg (16.74%), Magnesium: 63.59mg (15.9%), Manganese: 0.31mg (15.54%), Vitamin B2: 0.24mg (13.91%), Vitamin B3: 2.65mg (13.27%), Selenium: 9.04µg (12.91%), Calcium: 89.09mg (8.91%), Vitamin B1: 0.13mg (8.67%), Iron: 1.15mg (6.38%)