



Mediterranean Seafood Salad

READY IN



25 min.

SERVINGS



10

CALORIES



425 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup olives black
- ☐ 0.3 cup catalina salad dressing
- ☐ 2 stalks celery finely chopped
- ☐ 1 cup cheddar cheese cubed
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 tablespoon hot sauce
- ☐ 3 cups live maine lobsters
- ☐ 1.5 cups mayonnaise
- ☐ 1.5 cups shells dried

☐ 2 teaspoons worcestershire sauce

Equipment

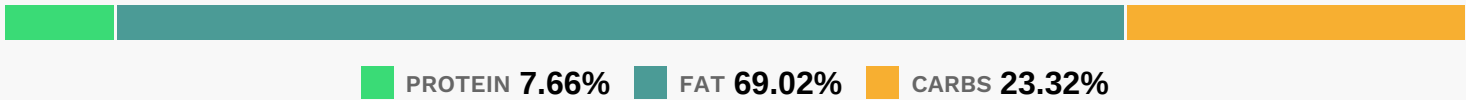
☐ bowl

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta, and cook until al dente, about 8 to 10 minutes.
- ☐ Drain, and place pasta in a large bowl. Stir in crabmeat, celery, and olives.
- ☐ Mix in mayonnaise, Catalina dressing, Worcestershire sauce, hot sauce, and Dijon. Stir in Cheddar cheese, cover, and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:4.71, Inflammation Score:-2, Nutrition Score:6.8486956202466%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 425.14kcal (21.26%), Fat: 32.24g (49.6%), Saturated Fat: 6.59g (41.21%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 22.96g (8.35%), Sugar: 4.92g (5.47%), Cholesterol: 31.35mg (10.45%), Sodium: 910.24mg (39.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.11%), Vitamin K: 57.58µg (54.84%), Selenium: 13.62µg (19.46%), Vitamin E: 1.61mg (10.76%), Calcium: 95.66mg (9.57%), Phosphorus: 90.48mg (9.05%), Manganese: 0.15mg (7.52%), Fiber: 1.55g (6.18%), Zinc: 0.7mg (4.64%), Vitamin B2: 0.07mg (4.31%), Vitamin A: 213.92IU (4.28%), Copper: 0.07mg (3.56%), Magnesium: 13.61mg (3.4%), Vitamin B12: 0.16µg (2.67%), Folate: 10.12µg (2.53%), Potassium: 85.58mg (2.45%), Iron: 0.42mg (2.34%), Vitamin B6: 0.04mg (2.15%), Vitamin B5: 0.19mg (1.93%), Vitamin B1: 0.03mg (1.7%), Vitamin C: 1.38mg (1.67%), Vitamin B3: 0.32mg (1.61%)