

Seafood Cocktail



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 0.3 cup carrots diced finely
- ☐ 0.3 cup celery diced finely
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons juice of lemon fresh (from 1 large lemon)
- ☐ 0.5 pound live maine lobsters fresh cut into 1/2-inch pieces
- ☐ 0.5 pound lump crab meat fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 1 teaspoon jalapeno green red seeds removed finely minced
- ☐ 8 servings pepper black freshly ground to taste
- ☐ 0.8 pound shrimp deveined cooked peeled halved (, , tails removed)

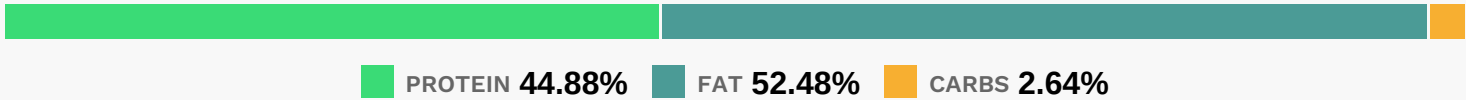
Equipment

- ☐ bowl
- ☐ spatula

Directions

- ☐ Place the shrimp, crab, lobster, carrot, celery and capers in a large bowl. Using a rubber spatula, gently fold together the ingredients, being careful not to break up the crab too much. Season with salt and pepper.
- ☐ Add the jalapeño pepper and parsley, then carefully fold in the olive oil and lemon juice, tasting as you go along. Adjust the seasonings and serve immediately, or chill for up to 6 hours. Divide seafood between 8 wine glasses for serving.
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:23.48, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:12.362608780032%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 165.76kcal (8.29%), Fat: 9.65g (14.85%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.42g (0.47%), Cholesterol: 116.37mg (38.79%), Sodium: 441.37mg (19.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.14%), Vitamin B12: 2.91µg (48.43%), Copper: 0.82mg (41.06%), Selenium: 28.39µg (40.56%), Vitamin K: 23.77µg (22.63%), Zinc: 3.29mg (21.94%), Phosphorus: 202.44mg (20.24%), Vitamin A: 782.72IU (15.65%), Vitamin E: 1.61mg (10.72%), Magnesium: 41.85mg (10.46%), Vitamin C: 6.75mg (8.19%), Potassium: 262.94mg (7.51%), Calcium: 69.39mg (6.94%), Vitamin B5: 0.54mg (5.43%), Folate: 20.24µg (5.06%), Vitamin B6: 0.09mg (4.35%), Vitamin B3: 0.85mg (4.23%), Iron: 0.63mg (3.5%), Manganese: 0.07mg (3.29%), Vitamin B1: 0.02mg (1.61%), Vitamin B2: 0.02mg (1.42%), Fiber: 0.28g (1.12%)