



Seafood Cucumber Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup imitation crab diced (surimi)
- ☐ 4 oz shrimp frozen thawed
- ☐ 1 cup cucumber seeded chopped
- ☐ 0.5 cup salad dressing
- ☐ 4 croissants split
- ☐ 4 leaves boston lettuce

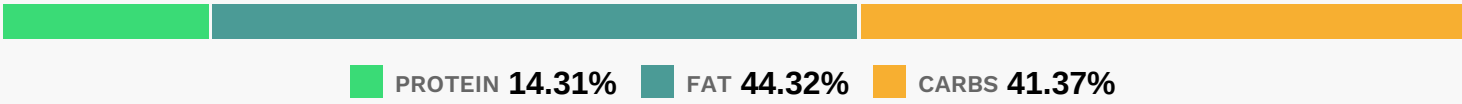
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, combine all ingredients except croissants and lettuce; mix well.
- ☐ Line bottom halves of croissants with lettuce. Top each with seafood mixture. Cover with top halves of croissants.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:16.57, Inflammation Score:-6, Nutrition Score:9.6526087159696%

Flavonoids

Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 376.51kcal (18.83%), Fat: 18.4g (28.31%), Saturated Fat: 7.57g (47.33%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 36.26g (13.18%), Sugar: 11.7g (13%), Cholesterol: 88.78mg (29.59%), Sodium: 798.62mg (34.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.73%), Vitamin K: 35.22µg (33.54%), Selenium: 13.65µg (19.5%), Vitamin A: 955.4IU (19.11%), Folate: 65.76µg (16.44%), Vitamin B1: 0.25mg (16.39%), Phosphorus: 136.86mg (13.69%), Manganese: 0.26mg (12.88%), Fiber: 2.37g (9.5%), Copper: 0.19mg (9.4%), Vitamin B2: 0.16mg (9.12%), Iron: 1.64mg (9.11%), Vitamin E: 1.16mg (7.73%), Potassium: 247.7mg (7.08%), Vitamin B3: 1.35mg (6.76%), Magnesium: 26.45mg (6.61%), Zinc: 0.91mg (6.1%), Vitamin B5: 0.59mg (5.93%), Calcium: 52.96mg (5.3%), Vitamin B6: 0.08mg (4.06%), Vitamin C: 1.85mg (2.24%), Vitamin B12: 0.09µg (1.52%)