



## Seafood Pasta Salad

READY IN



335 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 stalks celery
- 0.3 teaspoon ground pepper black
- 1 pound imitation crabmeat
- 1 cup mayonnaise
- 3 tablespoons milk
- 1 cup peas green frozen
- 1 teaspoon salt
- 8 ounce tri-color pasta
- 1.5 tablespoons sugar white

2 tablespoons vinegar white

## Equipment

bowl

whisk

pot

## Directions

Bring a large pot of lightly salted water to a boil.

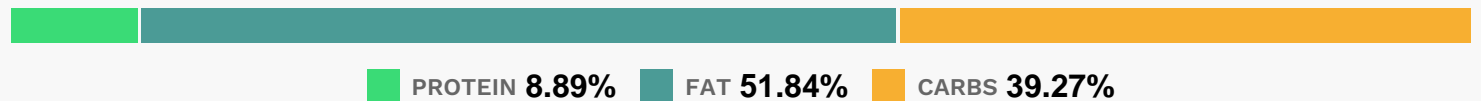
Add pasta and cook for 8 to 10 minutes or until al dente; rinse under cold water until cool and drain.

While pasta is cooking, chop celery and crabmeat. Run hot water over peas to defrost.

In a large bowl, whisk together the mayonnaise, sugar, vinegar, milk, salt and pepper.

Add the pasta, celery and crabmeat and stir until evenly coated. Adjust the salt, sugar or mayonnaise to suit your taste. Chill several hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:44.8, Glycemic Load:11.03, Inflammation Score:-3, Nutrition Score:8.4873913137809%

## Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 381.4kcal (19.07%), Fat: 21.66g (33.32%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 34.09g (12.4%), Sugar: 6.53g (7.26%), Cholesterol: 18.67mg (6.22%), Sodium: 803.99mg (34.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.72%), Vitamin K: 54.68µg (52.07%), Selenium: 19.09µg (27.27%), Manganese: 0.36mg (18.15%), Fiber: 2.82g (11.28%), Vitamin C: 7.72mg (9.35%), Phosphorus: 88.58mg (8.86%), Vitamin E: 1.02mg (6.78%), Copper: 0.13mg (6.3%), Magnesium: 23.77mg (5.94%), Folate: 23.69µg (5.92%), Vitamin B1: 0.08mg (5.53%), Zinc: 0.71mg (4.74%), Vitamin A: 233.66IU (4.67%), Potassium: 161.5mg (4.61%),

Vitamin B3: 0.92mg (4.58%), Vitamin B6: 0.09mg (4.39%), Iron: 0.73mg (4.08%), Vitamin B2: 0.06mg (3.71%), Calcium: 26.36mg (2.64%), Vitamin B5: 0.25mg (2.48%), Vitamin B12: 0.06µg (1.07%)