

Seafood Plateau

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds crabmeat cooked
- ☐ 1 cup wine dry white
- ☐ 12 servings horseradish
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- ☐ 10 pound ice crushed
- ☐ 12 servings lemon wedges
- ☐ 3 pounds dozens oysters fresh
- ☐ 12 servings satay sauce

- ☐ 2 pounds shrimp fresh unpeeled
- ☐ 12 servings soya sauce
- ☐ 7 cups water divided
- ☐ 3 pounds frangelico

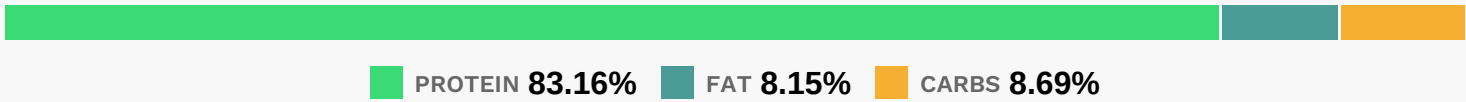
Equipment

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring 6 cups water to a boil; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water; peel shrimp, and devein, if desired, leaving tails intact.
- ☐ Bring 1 cup water and wine to a boil in a Dutch oven.
- ☐ Add mussels; cover and return to a boil. Boil 4 to 5 minutes. Immediately remove open mussels with a slotted spoon. Continue cooking remaining mussels 2 to 3 minutes; others may open. Discard any still-unopened mussels.
- ☐ Stack 3 graduated trays or pizza pans and 2 graduated cake pedestals, using the largest tray as a base and ending with the smallest; secure trays with floral clay. Mound trays with ice. Arrange seafood over ice.
- ☐ Garnish with lemon wedges.
- ☐ Serve immediately with sauces.

Nutrition Facts



Properties

Glycemic Index:10.46, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:17.969130552981%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 167.73kcal (8.39%), Fat: 1.37g (2.11%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 2.79g (1.01%), Sugar: 1.57g (1.74%), Cholesterol: 199.58mg (66.53%), Sodium: 1613.64mg (70.16%), Alcohol: 2.06g (100%), Alcohol %: 0.36% (100%), Protein: 31.47g (62.94%), Copper: 1.35mg (67.46%), Vitamin B12: 3.51µg (58.49%), Zinc: 8.59mg (57.24%), Selenium: 35.11µg (50.16%), Phosphorus: 379.94mg (37.99%), Magnesium: 72.86mg (18.21%), Calcium: 150.61mg (15.06%), Vitamin B3: 2.96mg (14.78%), Potassium: 491.41mg (14.04%), Folate: 48.6µg (12.15%), Manganese: 0.24mg (12.03%), Iron: 1.82mg (10.13%), Vitamin E: 1.49mg (9.93%), Vitamin B6: 0.18mg (8.78%), Vitamin B5: 0.87mg (8.67%), Vitamin C: 5.51mg (6.68%), Vitamin B2: 0.11mg (6.67%), Vitamin B1: 0.03mg (2.15%), Fiber: 0.5g (2.01%)