

Seafood Salad

READY IN



180 min.

SERVINGS



6

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce crab meat canned
- ☐ 6 ounce tuna canned
- ☐ 3 carrots grated
- ☐ 0.5 cup dressing french
- ☐ 0.5 cup milk
- ☐ 1 onion grated
- ☐ 16 ounce seashell pasta
- ☐ 1 cup creamy salad dressing
- ☐ 4 ounce shrimp canned

☐ 4 tablespoons sugar white

Equipment

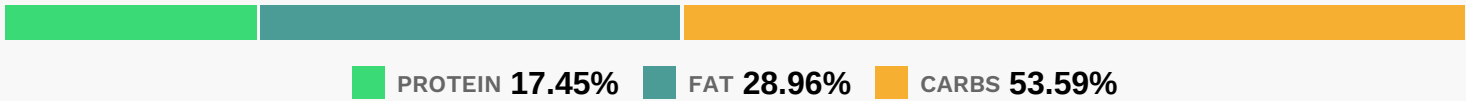
☐ mixing bowl

☐ 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; drain.
- ☐ In a large mixing bowl, combine cooked pasta, crabmeat, tuna, shrimp, carrots, and onion.
- ☐ In a separate small mixing bowl, combine well the creamy salad dressing, French dressing, milk, and sugar.
- ☐ Pour dressing mixture over pasta mixture and toss well. Refrigerate until well chilled, or overnight.

Nutrition Facts



Properties

Glycemic Index:37.32, Glycemic Load:29.99, Inflammation Score:-10, Nutrition Score:25.308260969494%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 589.71kcal (29.49%), Fat: 18.89g (29.06%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 78.68g (26.23%), Net Carbohydrates: 74.6g (27.13%), Sugar: 21.06g (23.4%), Cholesterol: 70.57mg (23.52%), Sodium: 804.94mg (35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.22%), Selenium: 80.5µg (115%), Vitamin A: 5256.13IU (105.12%), Vitamin K: 51.52µg (49.07%), Manganese: 0.81mg (40.54%), Phosphorus: 336.12mg (33.61%), Vitamin B12: 1.81µg (30.19%), Copper: 0.57mg (28.5%), Vitamin B3: 5.32mg (26.6%), Zinc: 2.83mg (18.85%), Vitamin E: 2.81mg (18.75%), Magnesium: 74.76mg (18.69%), Vitamin B6: 0.35mg (17.64%), Fiber: 4.08g (16.34%), Potassium: 552.23mg (15.78%), Iron: 2mg (11.1%), Calcium: 108.96mg (10.9%), Folate: 38.48µg (9.62%), Vitamin B2: 0.16mg

(9.43%), Vitamin B1: 0.14mg (9.25%), Vitamin B5: 0.83mg (8.32%), Vitamin C: 4.25mg (5.15%), Vitamin D: 0.56µg (3.76%)