



Seafood Salad Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

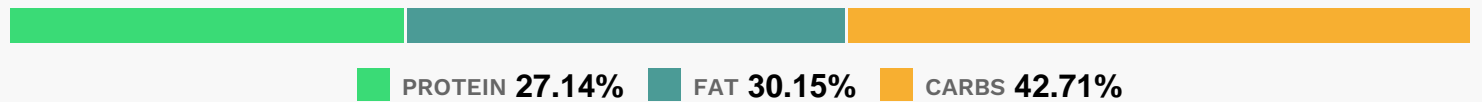
- 1.5 cups seafood such as crabmeat, shrimp or lobster cooked chopped
- 0.5 cup salad dressing
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.5 cup celery stalks chopped
- 0.3 cup onion chopped
- 4 hotdog buns split

Equipment

Directions

- Mix all ingredients except buns.
- Fill buns with seafood mixture.
- Tuna Salad Filling: Substitute 1 can (9 ounces) tuna, drained, for the seafood. Stir in 1 teaspoon lemon juice. Chicken Salad Filling: Substitute 1 1/2 cups chopped cooked chicken or turkey for the seafood.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:13, Inflammation Score:-3, Nutrition Score:6.6386957764626%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 267.02kcal (13.35%), Fat: 8.87g (13.65%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 26.75g (9.73%), Sugar: 6.95g (7.72%), Cholesterol: 0mg (0%), Sodium: 1456mg (63.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.94%), Vitamin K: 22.43µg (21.37%), Selenium: 12.25µg (17.51%), Vitamin B1: 0.24mg (16.27%), Manganese: 0.29mg (14.32%), Folate: 46.42µg (11.6%), Vitamin B3: 1.87mg (9.34%), Iron: 1.59mg (8.85%), Vitamin B2: 0.14mg (8.02%), Calcium: 73.01mg (7.3%), Fiber: 1.52g (6.09%), Phosphorus: 53.46mg (5.35%), Vitamin E: 0.8mg (5.3%), Potassium: 125.64mg (3.59%), Magnesium: 13.85mg (3.46%), Vitamin B6: 0.07mg (3.36%), Copper: 0.06mg (3.1%), Zinc: 0.37mg (2.44%), Vitamin C: 1.8mg (2.18%), Vitamin B12: 0.09µg (1.42%), Vitamin A: 68.57IU (1.37%)