



Seafood Salad Supreme

READY IN



30 min.

SERVINGS



8

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 strips celery sliced
- ☐ 1 pound crab meat
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 green onion thinly sliced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon old bay seasoning tm
- ☐ 8 ounce seashell pasta

- ☐ 1 bell pepper red chopped
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 pound shrimp fresh deveined peeled
- ☐ 0.3 cup slivered toasted

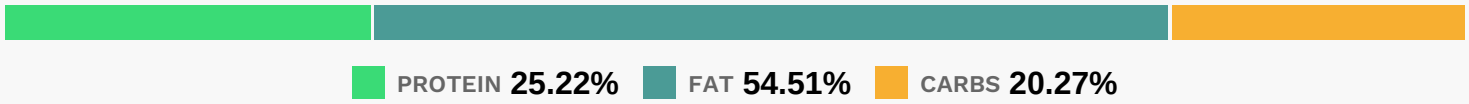
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ In a large skillet, melt the butter over medium heat and saute shrimp until pink.
- ☐ Add crabmeat and cook one more minute or until heated through. Set aside.
- ☐ 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.
- ☐ Transfer the shrimp and crabmeat to a large mixing bowl and let cool to room temperature. Stir in pasta, celery, bell pepper and green onion.
- ☐ Add mozzarella cheese, slivered toasted almonds, mayonnaise and lemon juice. Season with parsley, and old bay seasoning. Toss to mix thoroughly.
- ☐ Refrigerate for 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:8.93, Inflammation Score:-7, Nutrition Score:23.00739166011%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 478.18kcal (23.91%), Fat: 28.86g (44.4%), Saturated Fat: 6.39g (39.94%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 22.26g (8.1%), Sugar: 2.07g (2.3%), Cholesterol: 141.68mg (47.23%), Sodium: 821.74mg (35.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.04g (60.07%), Vitamin B12: 5.46µg (90.98%), Vitamin K: 67.43µg (64.22%), Selenium: 41.82µg (59.74%), Copper: 0.89mg (44.33%), Phosphorus: 382.17mg (38.22%), Zinc: 5.19mg (34.57%), Vitamin C: 26.82mg (32.51%), Manganese: 0.44mg (21.85%), Magnesium: 81.06mg (20.27%), Vitamin E: 2.42mg (16.15%), Calcium: 158.89mg (15.89%), Vitamin A: 739.91IU (14.8%), Potassium: 426.35mg (12.18%), Folate: 45.16µg (11.29%), Vitamin B6: 0.19mg (9.42%), Vitamin B2: 0.15mg (9.05%), Iron: 1.48mg (8.23%), Fiber: 1.89g (7.54%), Vitamin B3: 1.46mg (7.29%), Vitamin B1: 0.08mg (5.17%), Vitamin B5: 0.47mg (4.72%)