

DAIRY FREE

Shrimp and Crab Rolls

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.82	254 kcal

Shrimp and Crab Rolls could be just the dairy free and pescatarian recipe you've been looking for. This recipe serves 4 and costs \$3.82 per serving. One portion of this dish contains roughly 31g of protein, 7g of fat, and a total of 373 calories. 1 person were glad they tried this recipe.

Ingredients

- ☐ ¼ cup finely chopped celery
- ☐ 2 teaspoons Dijon mustard
- ☐ ¼ cup light mayonnaise
- ☐ ½ teaspoon hot pepper sauce (such as Tabasco)
- ☐ 8 ounces chopped cooked medium shrimp
- ☐ 4 curly leaf lettuce leaves
- ☐ 4 hot dog buns, toasted
- ☐ 8 ounces lump crabmeat, shell pieces removed
- ☐ 2 tablespoons finely chopped red onion

EQUIPMENT Bowl

Method

- 1 Combine first 3 ingredients in a medium bowl.
- 2 Add celery, onion, shrimp, and crab; stir well to combine. Line each bun with 1 lettuce leaf; top each serving with 1/2 cup shrimp mixture.

Nutrition per serving

254

KCAL

26 g

PROTEIN

6 g

FAT

24 g

CARBS

Saturated Fat	1 g · 6% of daily needs
Fibre	1.3 g · 5% of daily needs
Sugar	4 g · 4% of daily needs
Sodium	917 mg · 40% of daily needs
Cholesterol	117 mg · 39% of daily needs
Vitamin C	6.8 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-and-crab-rolls-148046