



Shrimp and Crab with Cocktail Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



88 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chili sauce
- ☐ 1 tablespoon chipotle sauce canned chopped ()
- ☐ 4 pounds surimi crab sticks
- ☐ 30 servings cilantro leaves fresh chopped
- ☐ 2 tablespoons horseradish white prepared
- ☐ 2 cups salsa
- ☐ 4 pounds shrimp deveined cooked peeled

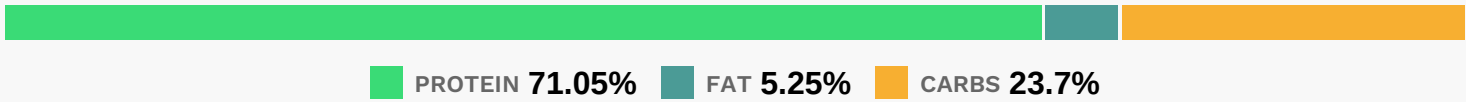
Equipment

☐ bowl

Directions

- ☐ Mix first 3 ingredients in medium bowl.
- ☐ Mix in 1 tablespoon chilies. Taste, adding more chilies if spicier flavor is desired. (Can be made 2 days ahead. Cover; chill.)
- ☐ Fill large bowls with ice. Arrange shrimp and crab atop ice.
- ☐ Sprinkle cilantro over salsa.
- ☐ Serve shellfish with salsa.
- ☐ *Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:2.23, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:6.2256521971329%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 88kcal (4.4%), Fat: 0.52g (0.79%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.31g (1.57%), Sugar: 3.37g (3.74%), Cholesterol: 103.72mg (34.57%), Sodium: 560.63mg (24.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.38%), Vitamin B12: 1.36µg (22.68%), Copper: 0.41mg (20.58%), Phosphorus: 177.91mg (17.79%), Zinc: 1.78mg (11.88%), Potassium: 305.55mg (8.73%), Magnesium: 33.66mg (8.41%), Selenium: 5.89µg (8.41%), Vitamin C: 4.58mg (5.55%), Calcium: 54.78mg (5.48%), Vitamin A: 217.36IU (4.35%), Vitamin B6: 0.08mg (4.16%), Vitamin E: 0.56mg (3.76%), Fiber: 0.93g (3.7%), Iron: 0.63mg (3.49%), Vitamin B3: 0.66mg (3.28%), Folate: 9.62µg (2.4%), Manganese: 0.05mg (2.33%), Vitamin B1: 0.03mg (1.94%), Vitamin K: 2µg (1.9%), Vitamin B2: 0.03mg (1.48%)