



## Spicy Seafood Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings chives finely chopped for garnish
- 10 large imitation crab sticks frozen (available in the fish section of larger supermarkets)
- 0.5 juice of lemon juiced
- 4 servings kosher salt
- 0.5 cup mayonnaise
- 3 scallions chopped
- 0.5 pound shrimp cooked chopped
- 1 tablespoon sriracha chili sauce hot

3 tablespoons tobiko plus more for garnish (available in asian markets) (flying fish caviar)

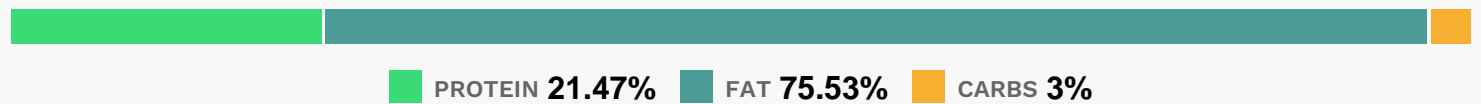
## Equipment

bowl

## Directions

- Thaw the crab sticks according to package directions. Pull the crab sticks into strands and put them into a large bowl.
- Add the shrimp, scallions, mayonnaise, tobiko, lemon juice, and hot sauce.
- Mix well then taste and adjust the seasoning with salt.
- Serve in chilled martini glasses garnished with more tobiko and chives.

## Nutrition Facts



## Properties

Glycemic Index:31.75, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:10.376087091539%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 277.11kcal (13.86%), Fat: 23.43g (36.04%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.61g (0.67%), Cholesterol: 173.88mg (57.96%), Sodium: 720.52mg (31.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.96%), Vitamin K: 66.55µg (63.38%), Vitamin B12: 2.43µg (40.56%), Phosphorus: 174.5mg (17.45%), Magnesium: 58.74mg (14.68%), Copper: 0.25mg (12.55%), Selenium: 8.57µg (12.24%), Iron: 1.95mg (10.84%), Vitamin E: 1.21mg (8.04%), Calcium: 79.53mg (7.95%), Vitamin C: 6.16mg (7.46%), Zinc: 0.96mg (6.42%), Potassium: 213.39mg (6.1%), Vitamin B2: 0.09mg (5.37%), Vitamin A: 265.55IU (5.31%), Vitamin B5: 0.49mg (4.87%), Folate: 15.15µg (3.79%), Vitamin B6: 0.05mg (2.72%), Vitamin D: 0.4µg (2.69%), Manganese: 0.05mg (2.37%), Vitamin B1: 0.03mg (2.23%), Fiber: 0.31g (1.23%)