

Italian Seafood Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-seafood-salad-recipe>

Ingredients:

- 1 cup shrimp cooked
- 1 cup calamari cooked
- 1 cup crab meat lump blue
- 1/2 cup celery chopped
- 2 tablespoons roasted red pepper chopped
- 3 tablespoons lemon juice
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon crushed red pepper flakes

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 130 milligrams
4. Fat: 5 grams
5. Protein: 22 grams
6. Sodium: 620 milligrams
7. Sugar: 1 grams

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