

Seafood Salad Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 2 1/2 cups

1 1/2 cups (total) cooked shrimp,
lobster meat, crabmeat, cold flaked
poached salmon (or drained and
flaked canned salmon or tuna), finely
chopped

1 hard-cooked egg, finely chopped

1/3 cup celery, finely chopped

1 tablespoon scallions (including two
inches of green tops), finely chopped

1 teaspoon lemon juice, freshly
squeezed and strained

1/2 teaspoon (or to taste) Dijon-style
mustard

fresh tarragon, parsley or dill (to
taste), finely chopped

salt (to taste)

freshly ground pepper (to taste)

In a bowl, combine all of the ingredients. Mix
well.

Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown
items): 91 Calories; 6g Fat (56.4%
calories from fat); 7g Protein; 3g
Carbohydrate; 1g Dietary Fiber;
212mg Cholesterol; 190mg
Sodium. Exchanges: 1 Lean Meat;
0 Vegetable; 0 Fruit; 1/2 Fat; 0
Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	.1mg
% Calories from Fat:	56.4%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	12.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	30.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	6g	Folacin (mcg):	34mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
		Caffeine (mg):	0mg

Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	212mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	190mg
Potassium (mg):	193mg
Calcium (mg):	48mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	334IU
Vitamin A (r.e.):	89 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	91	Calories from Fat: 51
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% Daily Values*

Total Fat	6g	9%
Saturated Fat	2g	8%
Cholesterol	212mg	71%
Sodium	190mg	8%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	4%
Protein	7g	
Vitamin A		7%
Vitamin C		9%
Calcium		5%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.