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## Shrimp & Crab Seafood Wrap

A delicious seafood wrap filled with shrimp and crab. This recipe is perfect for seafood lovers and can be enjoyed as a light lunch or dinner option. The combination of flavors and textures makes it a satisfying and flavorful meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 10 mins

**Total Time:** 30 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

200 g	Shrimp
200 g	Crab
4 pieces	tortillas
100 g	lettuce
100 g	Tomato

<b>50 g</b>	mayonnaise
<b>2 tsp</b>	Lemon juice
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper
<b>1 tsp</b>	Garlic powder

## Directions

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### Step 1

#### Mixing

In a bowl, mix the shrimp and crab with lemon juice, salt, black pepper, and garlic powder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Stove

Heat a skillet over medium heat and cook the shrimp and crab mixture for 5 minutes, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 3

Microwaving, stove

Warm the tortillas in a microwave or on a stovetop.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 4

Spreading

Spread mayonnaise on each tortilla.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 5

Plating

Place lettuce, tomato, and the cooked shrimp and crab mixture on each tortilla.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 6

Cutting

Roll up the tortillas tightly and cut in half.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 5 g

**Protein:** 20 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Summer Fall

### Meal Type

Lunch Dinner Snack

### Course

Salads Soups Sauces & Dressings Appetizers Main Dishes Side Dishes  
Desserts Drinks Breads Snacks

### Cultural

Chinese New Year Hanukkah Halloween

### Diet

South Beach Diet Ornish Diet Okinawa Diet OMAD (One Meal a Day) Diet

### Difficulty Level

Easy

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