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## Sailor's Platter ♦

A hearty seafood platter inspired by sailors. It includes a variety of fresh seafood such as shrimp, crab, and mussels, along with a side of crispy fries. Perfect for seafood lovers!

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Shrimp
200 g	Crab
150 g	Mussels
500 g	potatoes
250 ml	vegetable oil
2 tsp	salt

1 tsp pepper

## Directions

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### Step 1

Oven

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting, mixing, oven

Cut the potatoes into fries and toss them with vegetable oil, salt, and pepper.

**Prep Time:** 10 mins

**Cook Time:** 30 mins

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### Step 3

Oven

Spread the fries on a baking sheet and bake for 30 minutes, or until crispy and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 4

### Preparation

While the fries are baking, prepare the seafood. Peel and devein the shrimp, clean the crab, and remove the beards from the mussels.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Steaming

Steam the seafood in a large pot with water and salt for about 5 minutes, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

### Plating, serving

Serve the seafood platter with the crispy fries and your favorite dipping sauces.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 40 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	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

French

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Snack

Supper

### Events

Picnic

### Course

Appetizers

Main Dishes

Side Dishes

Desserts

Salads

Snacks

Sauces & Dressings

### Cooking Method

Cut

Mixing

### Difficulty Level

Medium

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