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surimi seafood alaska seafood marketing institute Sep 27 2022 popular surimi seafoods are available year round and worldwide and include crab style legs chunks and shreds lobster style chunks scallops and many more varieties though the concept of surimi is old at least 900 years the technologies are not modern processes are constantly improving nutrition yield and the development of new products

what is imitation crab and should you eat it healthline Aug 26 2022 nov 20 2018 the main ingredient in imitation crab is surimi which generally comprises 35 50 of the product by weight 12 the other major ingredients in imitation crab are 2 5 13 14 water

what is surimi nutrition recipes more louis kemp Dec 30 2022 jul 14 2021 surimi is a low calorie low fat and high protein food you can add to spice up your favorite seafood meals diets high in protein help build muscle and burn fat while curbing your hunger for longer as a low cholesterol food surimi is a great alternative for crab lobster and other shellfish for individuals looking for healthier choices

is imitation crab good for your health webmd Jul 25 2022 it is made using surimi which is a paste made of fish and a few other ingredients surimi is often made with pollock which is also used to make fish sticks and breaded fish products

surimi facts health benefits and nutritional value Jun 24 2022 surimi is a japanese word which means ground meat it is made by grinding pollock into paste and adding fillers starch food coloring and artificial flavoring surimi has low nutrients and more additives in comparison to real crab and other seafood

[surimi wikipedia](#) Nov 29 2022 surimi is an inexpensive source of protein in asian cultures surimi is eaten as a food in its own right and seldom used to imitate other foods in japan fish cakes kamaboko and fish sausages as well as other extruded fish products are commonly sold as cured surimi

what is surimi the secret ingredient in all the seafood you Oct 28 2022 jan 27 2017 surimi seafood is in more dishes than you think it s one of the main ingredients in subway s seafood sensation sub you ll get the sensation it s mostly not crab according to seafoodsource the