



## Avocado, Egg, and Crab Mash

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



269 kcal

SIDE DISH

### Ingredients

- 1 avocado pitted peeled sliced
- 0.3 teaspoon cayenne pepper
- 0.3 cup crab meat flaked cooked
- 0.1 teaspoon curry powder
- 1 hardboiled egg
- 0.3 teaspoon garlic salt
- 0.3 teaspoon lemon pepper seasoning
- 1 tablespoon mayonnaise

1 teaspoon mustard

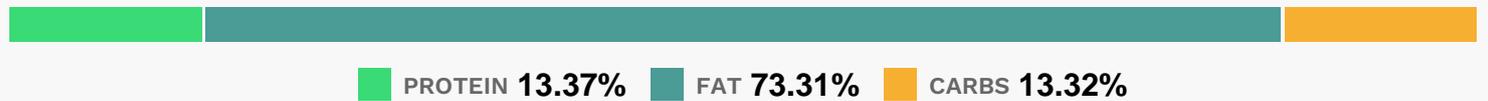
## Equipment

bowl

## Directions

Mash avocado and egg together in a bowl. Stir crabmeat, mayonnaise, and mustard into the avocado mixture until evenly mixed. Season crab mixture with lemon pepper seasoning, garlic salt, cayenne pepper, and curry powder; stir.

## Nutrition Facts



## Properties

Glycemic Index:95.5, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:14.95565199852%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

## Nutrients (% of daily need)

Calories: 269.18kcal (13.46%), Fat: 22.98g (35.36%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.05g (1.17%), Cholesterol: 118.01mg (39.34%), Sodium: 527.53mg (22.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Vitamin K: 33.43µg (31.84%), Fiber: 7.01g (28.06%), Selenium: 18.82µg (26.89%), Folate: 104.9µg (26.23%), Vitamin E: 3.09mg (20.63%), Vitamin B5: 1.99mg (19.93%), Copper: 0.39mg (19.3%), Vitamin B12: 1.04µg (17.25%), Potassium: 592.7mg (16.93%), Vitamin B2: 0.29mg (16.82%), Vitamin B6: 0.33mg (16.71%), Phosphorus: 153.64mg (15.36%), Vitamin C: 11.01mg (13.34%), Vitamin B3: 2.43mg (12.13%), Zinc: 1.8mg (12.03%), Manganese: 0.22mg (10.99%), Magnesium: 42.15mg (10.54%), Vitamin A: 390.13IU (7.8%), Vitamin B1: 0.1mg (6.39%), Iron: 1.1mg (6.11%), Calcium: 49.42mg (4.94%), Vitamin D: 0.56µg (3.76%)