

food
network



HEALTH SCORE

51%

Avocado Stuffed with Crab-Mango Salad



Gluten Free



Dairy Free

READY IN

**25 min.**

SERVINGS

**6**

CALORIES

**254 kcal**

SIDE DISH

Ingredients



2 tablespoons cilantro leaves chopped



3 hass avocados



0.5 jalapeño stemmed cut into small dice (2 tablespoons)



1 lime zest finely grated cut in 1/2



0.5 pound lump crab meat



0.5 mangos peeled cut into 1/4-inch dice (1 cup)



2 tablespoons olive oil



0.3 cup bell peppers diced red ()

☐ 0.3 cup onion diced red ()

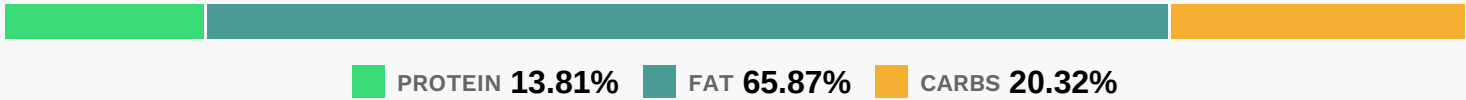
Equipment

- ☐ bowl
- ☐ whisk
- ☐ ice cream scoop

Directions

- ☐ Squeeze the juice from 1 half of the lime into a bowl.
- ☐ Add the olive oil and cilantro and whisk well.
- ☐ Add the mango, red pepper, onion, jalapeno, and lime zest and toss to coat. Gently stir in the crabmeat to keep it from breaking up. Set aside while preparing the avocados.
- ☐ Cut the avocados in half and remove pit. Squeeze the remaining lime half over the avocado flesh, using the lime half to spread it evenly, in order to keep them from turning black.
- ☐ Toss the crab salad, check for seasoning, and mound into the avocado halves, dividing it evenly. (Use an ice cream scoop for neat, even rounds, if that's your thing.)
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:2.51, Inflammation Score:-7, Nutrition Score:17.943043460017%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg 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 Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 253.58kcal (12.68%), Fat: 19.79g (30.45%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 6.06g (2.2%), Sugar: 3.99g (4.43%), Cholesterol: 15.88mg (5.29%), Sodium: 324.31mg (14.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.67%), Vitamin B12: 3.4µg (56.7%), Vitamin C: 34.9mg (42.3%), Fiber: 7.68g (30.73%), Copper: 0.57mg (28.58%), Folate: 112.24µg (28.06%), Vitamin K: 25.78µg (24.55%), Vitamin E: 3.11mg (20.73%), Selenium: 14.37µg (20.53%), Zinc: 2.96mg (19.72%), Vitamin B6: 0.38mg (19.01%), Potassium: 638.98mg (18.26%), Vitamin B5: 1.63mg (16.28%), Phosphorus: 144.56mg (14.46%), Magnesium: 52.15mg (13.04%), Vitamin A: 628.96IU (12.58%), Vitamin B3: 2.41mg (12.05%), Vitamin B2: 0.17mg (9.77%), Manganese: 0.19mg (9.51%), Vitamin B1: 0.1mg (6.73%), Iron: 0.96mg (5.31%), Calcium: 37.93mg (3.79%)