



Blue Crab Salad With Asian Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 asparagus spears
- ☐ 1 bunch lettuce red
- ☐ 1 pound lump crab meat fresh
- ☐ 2 tablespoons sesame seed
- ☐ 6 servings asian vinaigrette

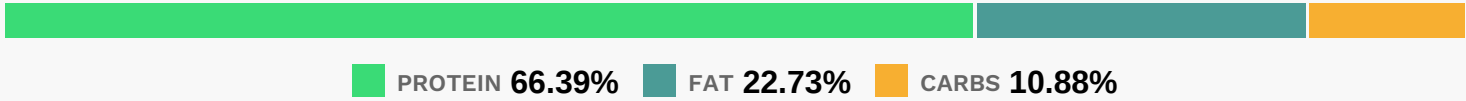
Equipment

- ☐ frying pan
- ☐ peeler

Directions

- ☐ Place a small skillet over medium-high heat until hot; add sesame seeds, and cook, stirring constantly, 3 minutes or until seeds are toasted. Set aside.
- ☐ Drain crabmeat, removing any bits of shell; set aside.
- ☐ Snap off tough ends of asparagus; remove scales with a vegetable peeler, if desired. Cook asparagus in boiling water to cover 5 mintues or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and pat dry.
- ☐ Arrange lettuce on 6 serving plates; top evenly with asparagus and crabmeat.
- ☐ Drizzle evenly with Asian Vinaigrette, and sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:16.713478285333%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 92.89kcal (4.64%), Fat: 2.34g (3.6%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.94g (1.04%), Cholesterol: 31.75mg (10.58%), Sodium: 633.31mg (27.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.72%), Vitamin B12: 6.8µg (113.4%), Copper: 0.9mg (44.83%), Selenium: 29.56µg (42.23%), Zinc: 4.96mg (33.1%), Phosphorus: 207.34mg (20.73%), Vitamin K: 21.19µg (20.18%), Folate: 60.87µg (15.22%), Magnesium: 53.14mg (13.29%), Iron: 1.86mg (10.35%), Vitamin C: 7.99mg (9.68%), Vitamin B6: 0.18mg (8.92%), Manganese: 0.17mg (8.41%), Vitamin B1: 0.12mg (8.16%), Vitamin A: 393.75IU (7.88%), Potassium: 264.05mg (7.54%), Calcium: 72.35mg (7.24%), Vitamin B3: 1.42mg (7.11%), Vitamin B2: 0.11mg (6.29%), Fiber: 1.32g (5.3%), Vitamin B5: 0.4mg (3.98%), Vitamin E: 0.6mg (3.97%)