



 **40%**
HEALTH SCORE

Caribbean Crab Sandwich

 Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado chopped
- 1 pound crab meat fresh drained
- 0.3 cup cilantro leaves fresh chopped
- 2 lime
- 1 mangos peeled chopped
- 6 portugese rolls

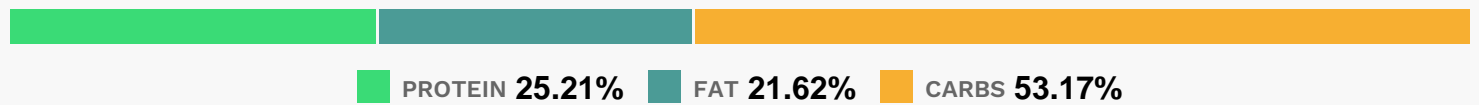
Equipment

- oven

Directions

- Preheat oven to 35
- Grate zest from 1 lime to equal 1/2 tsp. Squeeze juice from limes to equal 6 Tbsp. Gently combine zest, lime juice, crabmeat, and cilantro.
- Bake buns at 350 for 7 minutes or until toasted.
- Spoon crabmeat mixture into buns; sprinkle with mango and avocado.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:26.15, Inflammation Score:-6, Nutrition Score:20.386087002962%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 317.9kcal (15.89%), Fat: 7.76g (11.94%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 38.41g (13.97%), Sugar: 9.66g (10.74%), Cholesterol: 31.75mg (10.58%), Sodium: 927.97mg (40.35%), Alcohol: Og (100%), Protein: 20.35g (40.69%), Vitamin B12: 6.8µg (113.4%), Iron: 11.48mg (63.78%), Copper: 0.81mg (40.75%), Selenium: 27.95µg (39.93%), Vitamin C: 27.88mg (33.79%), Zinc: 4.77mg (31.81%), Folate: 77.43µg (19.36%), Phosphorus: 192.15mg (19.22%), Fiber: 4.51g (18.02%), Magnesium: 51.72mg (12.93%), Vitamin B6: 0.25mg (12.56%), Potassium: 400.91mg (11.45%), Vitamin K: 10.68µg (10.18%), Vitamin A: 496.5IU (9.93%), Vitamin B5: 0.85mg (8.5%), Vitamin B3: 1.7mg (8.49%), Vitamin E: 1.07mg (7.13%), Calcium: 56.8mg (5.68%), Vitamin B2: 0.09mg (5.57%), Manganese: 0.1mg (5.02%), Vitamin B1: 0.07mg (4.78%)