



Caribbean Crabmeat Salad With Creamy Gingered Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 slices garnishes: avocado purple onion rings
- ☐ 1 cup cucumber diced seedless
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon cooking wine dry white
- ☐ 8 servings gourmet greens mixed
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper white

- ☐ 1 pound lump crab meat fresh
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon old bay seasoning
- ☐ 8 plum tomatoes diced
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch sugar

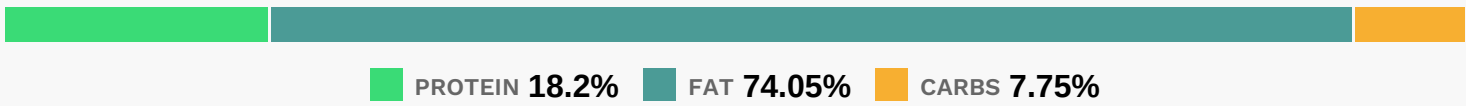
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients, and chill.
- ☐ Combine crabmeat and next 4 ingredients in a large bowl. Toss with mayonnaise mixture.
- ☐ Serve with greens on serving plates.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:16.760434788206%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 262.81kcal (13.14%), Fat: 21.54g (33.13%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.26g (2.51%), Cholesterol: 35.57mg (11.86%), Sodium: 759.13mg (33.01%), Alcohol: 0.19g (100%), Alcohol %: 0.12% (100%), Protein: 11.91g (23.82%), Vitamin B12: 5.14µg (85.61%), Vitamin K: 53.72µg (51.16%), Selenium: 22.28µg (31.83%), Copper: 0.6mg (29.75%), Vitamin C: 22.27mg (27%), Zinc: 3.66mg (24.41%), Vitamin A: 1021.05IU (20.42%), Phosphorus: 167.26mg (16.73%), Manganese: 0.27mg (13.43%), Folate: 52.05µg (13.01%), Magnesium: 43.11mg (10.78%), Potassium: 367.03mg (10.49%), Vitamin B6: 0.18mg (9.08%), Vitamin E: 1.27mg (8.44%), Vitamin B3: 1.27mg (6.34%), Iron: 0.99mg (5.51%), Vitamin B1: 0.07mg (4.7%), Calcium: 45.3mg (4.53%), Vitamin B2: 0.07mg (4.03%), Fiber: 0.99g (3.94%), Vitamin B5: 0.39mg (3.93%)