

bon appétit

fast *easy* fresh

COOKBOOK

BARBARA FAIRCHILD

Cook the Book: Crabmeat, Corn and Cumin Salad in Endive Spears

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 heads belgian endive separated
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 cup corn kernels frozen thawed drained
- ☐ 4 teaspoons herbs: rosemary mixed fresh chopped (such as tarragon and parsley)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 ounces lump crab meat fresh picked over drained well

- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon orange juice concentrate thawed
- ☐ 0.3 cup onion red finely chopped

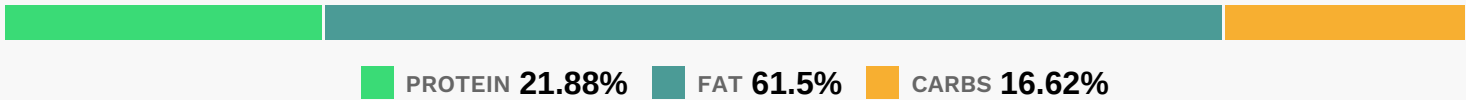
Equipment

- ☐ bowl

Directions

- ☐ Mix first 10 ingredients in medium bowl. Season to taste with salt and pepper. Cover and chill at least 4 hours and up to 1 day.
- ☐ Drain salad and place 1 rounded tablespoon in base end of each endive spear. Arrange on platters and serve.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:4.2482608508157%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 64.33kcal (3.22%), Fat: 4.44g (6.84%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.05g (1.17%), Cholesterol: 9.5mg (3.17%), Sodium: 195.27mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin B12: 1.54µg (25.63%), Vitamin K: 9.85µg (9.38%), Selenium: 6.43µg (9.18%), Copper: 0.17mg (8.49%), Zinc: 1.08mg (7.2%), Vitamin C: 4.74mg (5.74%), Phosphorus: 47.81mg (4.78%), Folate: 17.04µg (4.26%), Magnesium: 11.99mg (3%), Potassium: 88.71mg (2.53%), Fiber: 0.61g (2.42%), Vitamin B6: 0.04mg (2.22%), Manganese: 0.04mg (1.84%), Vitamin B1: 0.02mg (1.64%), Vitamin B3: 0.32mg (1.59%), Vitamin E: 0.22mg (1.48%), Vitamin B2: 0.02mg (1.37%), Iron: 0.25mg (1.37%), Calcium: 13.16mg (1.32%),

Vitamin B5: 0.13mg (1.29%)