



Crab and Artichoke Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 boston lettuce leaves rinsed
- ☐ 1 cup celery minced
- ☐ 0.8 pound crabs shelled cooked
- ☐ 10 servings juice of lemon
- ☐ 18 oz marinated artichoke hearts
- ☐ 10 servings paprika
- ☐ 0.3 cup pimiento-stuffed olives green ripe finely chopped
- ☐ 0.3 cup nonfat yogurt plain

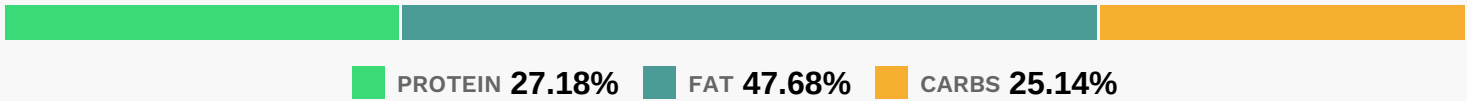
- ☐ 10 servings salt and pepper
- ☐ 8 firm-ripe tomato thick ()

Equipment

Directions

- ☐ Mix celery, olives, and 1/3 cup mayonnaise. Gently mix in crab.
- ☐ Add salt, pepper, and lemon juice to taste.
- ☐ Drain artichokes and save marinade. If artichoke hearts are whole, cut lengthwise into halves or quarters.
- ☐ Place a lettuce leaf on each plate and lay a slice of tomato on the lettuce. Mound crab mixture equally onto tomato slices and arrange artichokes beside tomatoes.
- ☐ Drizzle salads lightly with artichoke marinade.
- ☐ If desired, top crab mixture with a small dollop of mayonnaise. Dust salads lightly with paprika.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.32, Inflammation Score:-9, Nutrition Score:12.143478320993%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 112.29kcal (5.61%), Fat: 6.01g (9.24%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 4.66g (1.69%), Sugar: 2.56g (2.85%), Cholesterol: 20.23mg (6.74%), Sodium: 575.82mg (25.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.41%), Vitamin B12: 3.11µg (51.86%), Vitamin A: 2167.86IU (43.36%), Vitamin C: 21.52mg (26.08%), Selenium: 13.21µg (18.87%), Vitamin K: 18.63µg (17.74%), Copper: 0.27mg (13.55%), Zinc: 1.7mg (11.35%), Fiber: 2.46g (9.86%), Phosphorus: 93.96mg (9.4%), Folate: 35.7µg (8.92%),

Potassium: 310.25mg (8.86%), Vitamin B3: 1.51mg (7.54%), Vitamin B2: 0.12mg (7.08%), Vitamin B6: 0.14mg (7.05%),
Magnesium: 26.87mg (6.72%), Iron: 1.19mg (6.59%), Vitamin E: 0.94mg (6.28%), Calcium: 60.45mg (6.04%),
Manganese: 0.12mg (5.91%), Vitamin B1: 0.05mg (3.2%), Vitamin B5: 0.3mg (3.04%)