



Crab-and-Avocado Salad with Ginger Vinaigrette

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 avocados diced ripe
- 0.3 cup cooking oil
- 2 teaspoons ginger fresh chopped
- 2 teaspoons juice of lemon
- 0.5 lemon zest grated
- 0.5 pound lump crab meat
- 1.5 tablespoons rice-wine vinegar

- 0.8 pound romaine lettuce (2 quarts)
- 0.5 teaspoon salt
- 2 scallions including tops green chopped
- 1 teaspoon soya sauce
- 2 quarts watercress

Equipment

- bowl
- blender

Directions

- In a blender, combine the ginger, lemon zest, lemon juice, vinegar, scallions, soy sauce, and 1/4 teaspoon of the salt. Pulse to chop.
- Add the oil and puree until smooth.
- In a large glass or stainless-steel bowl, combine the watercress, romaine, avocados, and the remaining 1/4 teaspoon salt. Toss the salad with all but 3 tablespoons of the vinaigrette and mound the salad on plates.
- Toss the crabmeat with the remaining vinaigrette. Spoon the dressed crabmeat over the salads.
- Wine Recommendation: Avocados are so rich it can be hard to find a wine to match. Opt for contrast instead by using a crisp Italian white wine such as Soave or Orvieto. Its fresh but neutral flavors will stand back and let the salad shine.
- Notes: Wait until you're ready to toss the salad before dicing the avocados. The acidity in the vinaigrette will keep them from turning brown.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:51.786521621372%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 109.07mg, Kaempferol: 109.07mg, Kaempferol: 109.07mg, Kaempferol: 109.07mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 144.43mg, Quercetin: 144.43mg, Quercetin: 144.43mg, Quercetin: 144.43mg

Nutrients (% of daily need)

Calories: 445.55kcal (22.28%), Fat: 34.54g (53.13%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 7.31g (2.66%), Sugar: 2.9g (3.22%), Cholesterol: 23.81mg (7.94%), Sodium: 1057.6mg (45.98%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 24.62g (49.23%), Vitamin K: 1316.95µg (1254.24%), Vitamin A: 22727.48IU (454.55%), Vitamin C: 224mg (271.51%), Vitamin B12: 5.1µg (85.05%), Manganese: 1.47mg (73.63%), Potassium: 2402.49mg (68.64%), Vitamin E: 10.23mg (68.2%), Folate: 269.42µg (67.36%), Calcium: 640.49mg (64.05%), Copper: 1.13mg (56.49%), Vitamin B6: 1.03mg (51.37%), Phosphorus: 490.89mg (49.09%), Vitamin B2: 0.79mg (46.37%), Fiber: 11.16g (44.64%), Magnesium: 170.76mg (42.69%), Vitamin B1: 0.58mg (38.95%), Selenium: 25.73µg (36.76%), Vitamin B5: 3.2mg (32%), Zinc: 4.77mg (31.8%), Vitamin B3: 3.69mg (18.44%), Iron: 2.8mg (15.56%)