



Crab-and-Avocado Salsa

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 but avocados diced firm ripe
- 0.3 cup juice of lime fresh
- 0.8 teaspoon lime zest
- 1 pound lump crab
- 1 small bell pepper red finely chopped
- 0.3 cup onion red minced
- 0.5 teaspoon salt

Equipment

bowl

Directions

Combine first 5 ingredients in a bowl; fold in avocados and crab. Cover and chill.

Nutrition Facts

 **PROTEIN 33.02%**  **FAT 49.93%**  **CARBS 17.05%**

Properties

Glycemic Index:8.73, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:8.0991304698198%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 71.67kcal (3.58%), Fat: 4.14g (6.37%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.57g (0.63%), Cholesterol: 12.7mg (4.23%), Sodium: 332.58mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.33%), Vitamin B12: 2.72µg (45.36%), Copper: 0.33mg (16.64%), Selenium: 11.14µg (15.91%), Vitamin C: 12.55mg (15.21%), Zinc: 1.99mg (13.27%), Folate: 38.2µg (9.55%), Phosphorus: 82.8mg (8.28%), Fiber: 1.96g (7.85%), Vitamin B6: 0.13mg (6.67%), Potassium: 210.81mg (6.02%), Magnesium: 23.78mg (5.94%), Vitamin K: 5.91µg (5.62%), Vitamin B5: 0.5mg (5.02%), Vitamin E: 0.64mg (4.28%), Vitamin B3: 0.86mg (4.28%), Vitamin A: 202.97IU (4.06%), Vitamin B2: 0.05mg (3.14%), Manganese: 0.06mg (2.93%), Vitamin B1: 0.04mg (2.39%), Iron: 0.36mg (1.99%), Calcium: 18.73mg (1.87%)