

Crab and Celery Root Rémoulade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 24 baby boston lettuce leaves
- ☐ 1 pound celery root shredded peeled
- ☐ 1 tablespoon dijon mustard
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 ounces lump crab meat drained

- ☐ 3 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 teaspoon tarragon finely chopped

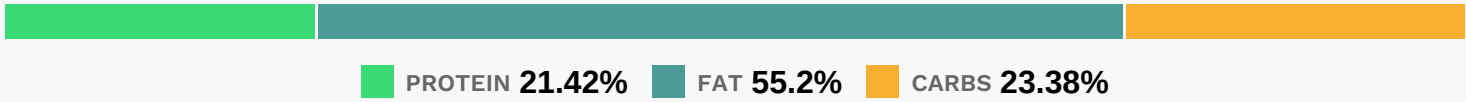
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a medium bowl.
- ☐ Combine mayonnaise and next 6 ingredients (through red pepper) in a small bowl, stirring with a whisk. Gradually add oil, stirring well with a whisk.
- ☐ Drizzle dressing over crab mixture, tossing well to combine. Spoon about 1 1/2 tablespoons crab mixture in center of each lettuce leaf.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:9.322174001809%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 84.44kcal (4.22%), Fat: 5.31g (8.17%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.85g (1.4%), Sugar: 1.24g (1.38%), Cholesterol: 9.41mg (3.14%), Sodium: 282.17mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin K: 53.43µg (50.88%), Vitamin B12: 1.71µg

(28.42%), Vitamin A: 1017.4IU (20.35%), Selenium: 7.88µg (11.25%), Copper: 0.21mg (10.59%), Phosphorus: 99.53mg (9.95%), Zinc: 1.34mg (8.95%), Folate: 35.5µg (8.88%), Vitamin C: 6.54mg (7.93%), Manganese: 0.15mg (7.67%), Potassium: 242.99mg (6.94%), Vitamin B6: 0.13mg (6.48%), Magnesium: 22.78mg (5.69%), Fiber: 1.21g (4.84%), Iron: 0.86mg (4.8%), Vitamin E: 0.66mg (4.37%), Calcium: 40.29mg (4.03%), Vitamin B1: 0.05mg (3.38%), Vitamin B2: 0.06mg (3.26%), Vitamin B3: 0.61mg (3.06%), Vitamin B5: 0.26mg (2.64%)