



WHATSheATE



Crab and Coconut Dip with Plantain Chips



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup well-stirred coconut milk unsweetened canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon jalapeño chile fresh chopped
- ☐ 3 tablespoons juice of lime fresh to taste
- ☐ 1 lb lump crab meat shredded picked over
- ☐ 0.5 cup mayonnaise
- ☐ 6 servings accompaniment: plantain chips
- ☐ 3 scallions chopped

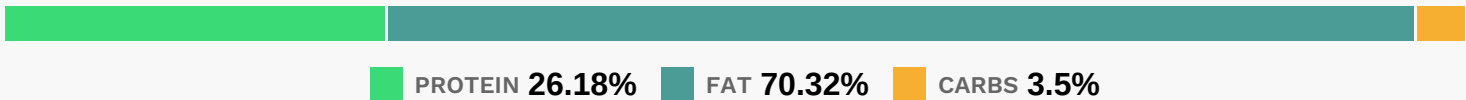
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Blend coconut milk, scallions, jalapeño, and 1/4 cup cilantro in a blender until smooth and pour into a bowl.
- ☐ Whisk in mayonnaise, juice, and remaining 1/4 cup cilantro until just combined. Stir in crab and salt to taste and serve spooned on plantain chips.
- ☐ Dip can be made 6 hours ahead and chilled, covered. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:51.22, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:15.663912964904%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 222.11kcal (11.11%), Fat: 17.27g (26.57%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.42g (0.47%), Cholesterol: 39.59mg (13.2%), Sodium: 758.82mg (32.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.93%), Vitamin B12: 6.83µg (113.77%), Vitamin K: 47.18µg (44.93%), Selenium: 28.01µg (40.02%), Copper: 0.74mg (36.96%), Zinc: 4.64mg (30.91%), Phosphorus: 186.43mg (18.64%), Vitamin C: 10.21mg (12.37%), Magnesium: 45.46mg (11.36%), Folate: 41.82µg (10.45%), Manganese: 0.14mg (7.2%), Vitamin B6: 0.13mg (6.61%), Potassium: 224.23mg (6.41%), Iron: 1.03mg (5.74%), Vitamin B3: 1mg (5.01%), Vitamin E: 0.72mg (4.83%), Calcium: 44.98mg (4.5%), Vitamin A: 192.8IU (3.86%), Vitamin B5: 0.35mg (3.45%), Vitamin B1: 0.04mg (2.95%), Vitamin B2: 0.05mg (2.65%), Fiber: 0.29g (1.17%)