



Crab and Grilled Corn Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 boston lettuce leaves
- ☐ 1 cup celery finely chopped
- ☐ 6 ears shucked corn
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup juice of lime fresh

- ☐ 12 ounces lump crab meat
- ☐ 3 tablespoons canola mayonnaise
- ☐ 1 cup bottled roasted bell pepper red rinsed drained chopped
- ☐ 0.4 teaspoon salt

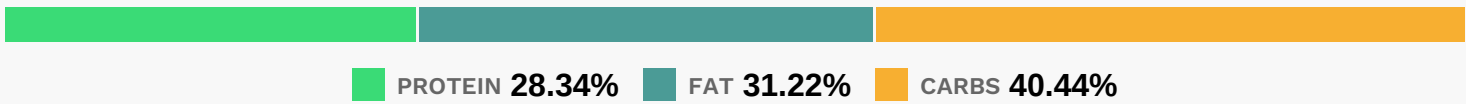
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Heat a large grill pan over medium-high heat.
- ☐ Place corn in pan; cook 8 minutes or until slightly charred, turning frequently. Cool slightly.
- ☐ Cut kernels from ears of corn; place in a large bowl.
- ☐ Add celery and next 4 ingredients (through crabmeat) to corn; toss gently to combine.
- ☐ Combine lime juice, mayonnaise, black pepper, salt, and ground red pepper in a small bowl, stirring well with a whisk.
- ☐ Pour dressing over crab mixture; toss gently to coat.
- ☐ Serve salad over lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:20.91217402142%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg,

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 188.24kcal (9.41%), Fat: 6.99g (10.76%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 17.43g (6.34%), Sugar: 6.5g (7.22%), Cholesterol: 26.75mg (8.92%), Sodium: 1013.45mg (44.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.57%), Vitamin B12: 5.11µg (85.19%), Vitamin K: 63.3µg (60.29%), Vitamin C: 27.03mg (32.77%), Copper: 0.63mg (31.33%), Selenium: 21.72µg (31.03%), Vitamin A: 1545.63IU (30.91%), Zinc: 3.96mg (26.41%), Folate: 100.25µg (25.06%), Phosphorus: 228.84mg (22.88%), Magnesium: 72.09mg (18.02%), Manganese: 0.31mg (15.71%), Potassium: 546.46mg (15.61%), Vitamin B1: 0.2mg (13.19%), Vitamin B6: 0.26mg (12.93%), Vitamin B3: 2.57mg (12.85%), Fiber: 2.95g (11.82%), Vitamin B5: 0.98mg (9.78%), Iron: 1.55mg (8.58%), Vitamin B2: 0.12mg (7.01%), Calcium: 62.44mg (6.24%), Vitamin E: 0.49mg (3.28%)