



Crab and Guacamole Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 avocados diced pitted halved
- ☐ 0.5 cup canola oil
- ☐ 1 cup edamame frozen thawed
- ☐ 0.5 cup hearts of palm chopped
- ☐ 2 jalapeños chopped
- ☐ 1 juice of lime juiced
- ☐ 1 pound lump crab meat
- ☐ 1 bag greens mixed

- ☐ 2 cups orange juice
- ☐ 0.5 cup pineapple fresh diced finely
- ☐ 0.3 cup pineapple juice fresh
- ☐ 2 cups pineapple juice
- ☐ 1 small onion diced red finely
- ☐ 2 roma tomatoes chopped
- ☐ 4 servings salt and pepper black freshly ground

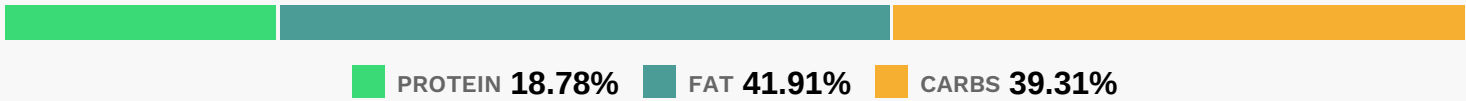
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine the avocados, red onions, jalapenos, tomatoes and lime juice in a medium bowl. Season with salt and pepper, to taste.
- ☐ Salad: In a medium bowl combine the crabmeat, hearts of palm, edamame, pineapple and pineapple juice.
- ☐ Dressing: In a saucepan, over medium heat, cook pineapple juice and orange juice until thickened into a syrup. Cool for about 5 minutes.
- ☐ Transfer the syrup to a blender, turn on the blender, slowly pour in the oil and blend until smooth.
- ☐ Spread the guacamole out on a serving platter.
- ☐ Add a layer of the crab mixture and top with mixed greens.
- ☐ Drizzle with the dressing and serve.

Nutrition Facts



Properties

Glycemic Index:92.92, Glycemic Load:17.81, Inflammation Score:-9, Nutrition Score:45.066521271415%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 15.49mg, Hesperetin: 15.49mg, Hesperetin: 15.49mg, Hesperetin: 15.49mg Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 626.77kcal (31.34%), Fat: 30.31g (46.63%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 63.96g (21.32%), Net Carbohydrates: 50.03g (18.19%), Sugar: 35.16g (39.07%), Cholesterol: 47.63mg (15.88%), Sodium: 977.31mg (42.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.55g (61.1%), Vitamin B12: 10.21µg (170.1%), Vitamin C: 134.02mg (162.44%), Copper: 1.74mg (87.06%), Folate: 267.08µg (66.77%), Potassium: 2297.16mg (65.63%), Manganese: 1.27mg (63.27%), Zinc: 9.22mg (61.5%), Selenium: 42.66µg (60.94%), Vitamin B6: 1.12mg (55.79%), Fiber: 13.94g (55.74%), Phosphorus: 431.14mg (43.11%), Vitamin K: 40.38µg (38.46%), Magnesium: 145.43mg (36.36%), Vitamin E: 4.77mg (31.8%), Vitamin B5: 2.97mg (29.73%), Vitamin B3: 5.48mg (27.38%), Vitamin B1: 0.41mg (27.13%), Vitamin A: 1199.16IU (23.98%), Vitamin B2: 0.4mg (23.74%), Iron: 4.07mg (22.63%), Calcium: 155.15mg (15.51%)