



Crab and Pea Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 1 pound imitation crab meat flaked
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon onion powder
- ☐ 10 ounce peas green frozen thawed

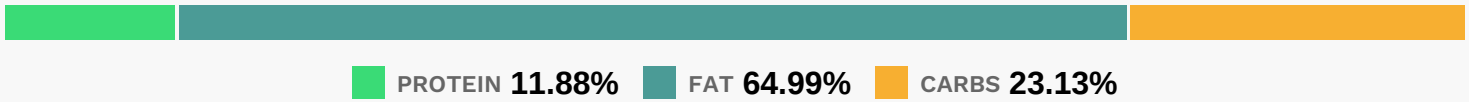
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a medium bowl, combine peas, imitation crab, bacon, mayonnaise, and onion powder.
- ☐ Mix thoroughly. Cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:2.81, Inflammation Score:-6, Nutrition Score:13.049130398294%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 543.98kcal (27.2%), Fat: 38.69g (59.53%), Saturated Fat: 9.18g (57.36%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 25.68g (9.34%), Sugar: 7.93g (8.81%), Cholesterol: 53.27mg (17.76%), Sodium: 1110.01mg (48.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.83%), Vitamin K: 63.22µg (60.21%), Vitamin C: 28.38mg (34.4%), Fiber: 5.31g (21.22%), Vitamin B1: 0.31mg (20.89%), Vitamin B3: 3.25mg (16.26%), Selenium: 10.78µg (15.4%), Manganese: 0.3mg (14.95%), Phosphorus: 146.19mg (14.62%), Vitamin B6: 0.24mg (12%), Folate: 47.55µg (11.89%), Vitamin A: 576.66IU (11.53%), Zinc: 1.45mg (9.63%), Vitamin E: 1.2mg (8%), Vitamin B2: 0.13mg (7.92%), Potassium: 266.88mg (7.63%), Copper: 0.15mg (7.46%), Magnesium: 29.09mg (7.27%), Iron: 1.29mg (7.14%), Vitamin B12: 0.25µg (4.23%), Vitamin B5: 0.37mg (3.67%), Calcium: 22.64mg (2.26%), Vitamin D: 0.23µg (1.55%)