



Crab-and-Pomegranate Appetizer



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon juice of lime fresh
- 4 ounces lump crab meat drained
- 0.5 cup pomegranate seeds

Equipment

Directions

- Arrange crabmeat in center of platter, and arrange cantaloupe around crabmeat.

Sprinkle lime juice over the crabmeat and the cantaloupe. Top with the pomegranate seeds.

Nutrition Facts

PROTEIN 52.19% **FAT 8.74%** **CARBS 39.07%**

Properties

Glycemic Index:16.75, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:5.7273913071207%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 41.77kcal (2.09%), Fat: 0.41g (0.63%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.31g (1.21%), Sugar: 2.87g (3.19%), Cholesterol: 11.91mg (3.97%), Sodium: 237.69mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.09%), Vitamin B12: 2.55µg (42.52%), Selenium: 10.43µg (14.89%), Copper: 0.29mg (14.74%), Zinc: 1.76mg (11.74%), Phosphorus: 69.99mg (7%), Vitamin C: 5.2mg (6.3%), Folate: 20.64µg (5.16%), Magnesium: 16.65mg (4.16%), Fiber: 0.83g (3.34%), Vitamin K: 3.38µg (3.22%), Potassium: 110.6mg (3.16%), Vitamin B6: 0.06mg (2.97%), Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.18mg (1.81%), Vitamin B1: 0.03mg (1.79%), Manganese: 0.04mg (1.75%), Calcium: 15.62mg (1.56%), Vitamin B2: 0.02mg (1.39%), Iron: 0.23mg (1.29%)