



Crab and Shrimp Louis



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 8 cherry tomatoes halved
- ☐ 0.3 cup chile sauce hot
- ☐ 0.5 pound crab meat
- ☐ 0.3 cucumber thinly sliced
- ☐ 4 eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 head iceberg lettuce shredded

- ☐ 1 optional: lemon for garnish cut into wedges,
- ☐ 0.7 cup mayonnaise
- ☐ 4 servings salt and pepper to taste
- ☐ 8 ounces shrimp cooked
- ☐ 2 tablespoons relish sweet

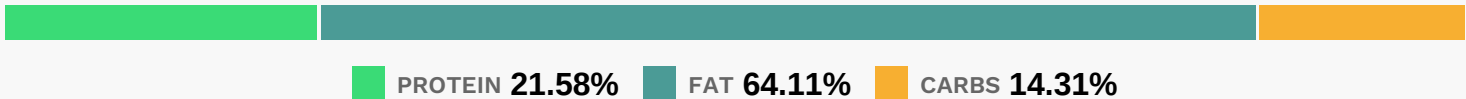
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool, peel and chop.
- ☐ Evenly divide the lettuce, cucumbers, crab, shrimp, avocado, tomatoes and eggs between 4 salad plates.
- ☐ Prepare the dressing by whisking together the mayonnaise, chili sauce, relish, salt and pepper. Spoon dressing over the salad and garnish with parsley and lemon.

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:30.771304400071%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin:

0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 561.05kcal (28.05%), Fat: 40.51g (62.32%), Saturated Fat: 6.97g (43.57%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 13.33g (4.85%), Sugar: 10.75g (11.95%), Cholesterol: 294.46mg (98.15%), Sodium: 2086.48mg (90.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.35%), Vitamin K: 129µg (122.86%), Vitamin B12: 5.54µg (92.32%), Selenium: 35.64µg (50.91%), Copper: 0.97mg (48.46%), Vitamin C: 36.83mg (44.65%), Phosphorus: 412.95mg (41.3%), Zinc: 5.4mg (35.99%), Folate: 138.88µg (34.72%), Fiber: 7.02g (28.09%), Vitamin A: 1386.57IU (27.73%), Potassium: 911.58mg (26.05%), Vitamin E: 3.26mg (21.71%), Magnesium: 85.64mg (21.41%), Vitamin B2: 0.35mg (20.74%), Vitamin B6: 0.41mg (20.43%), Vitamin B5: 1.9mg (19.02%), Manganese: 0.35mg (17.7%), Iron: 2.87mg (15.94%), Calcium: 135.39mg (13.54%), Vitamin B1: 0.16mg (10.96%), Vitamin B3: 1.94mg (9.71%), Vitamin D: 0.95µg (6.36%)