



WHATSheATE



Crab and Tangerine Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons champagne vinegar
- ☐ 1 pound crabmeat shelled cooked
- ☐ 2 heads salad leaves curly endive ends trimmed (14 oz. total)
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 8 servings pepper
- ☐ 2 small shallots minced
- ☐ 10 1 tangerine

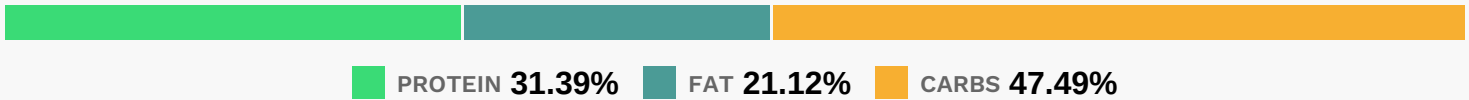
Equipment

☐ bowl

Directions

- ☐ Zest 2 tangerines and juice about 4 (enough to make 1/4 cup). Peel remaining fruit and separate segments; set aside.
- ☐ Mix shallots, tangerine zest and juice, vinegar, oil, and salt together in a small bowl.
- ☐ Let sit at least 15 minutes.
- ☐ Put frise in a large salad bowl. Top with tangerines and crab.
- ☐ Pour half the dressing over salad and toss to coat evenly.
- ☐ Divide mixture among plates, arranging citrus segments and larger crab pieces on greens.
- ☐ Drizzle with a little more dressing and sprinkle with pepper.
- ☐ Make ahead: Dressing, up to 1 day, chilled.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:5.58, Inflammation Score:-10, Nutrition Score:24.356521979622%

Flavonoids

Hesperetin: 8.73mg, Hesperetin: 8.73mg, Hesperetin: 8.73mg, Hesperetin: 8.73mg Naringenin: 11.02mg, Naringenin: 11.02mg, Naringenin: 11.02mg, Naringenin: 11.02mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 147.69kcal (7.38%), Fat: 3.64g (5.6%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 13.94g (5.07%), Sugar: 12.55g (13.94%), Cholesterol: 55mg (18.33%), Sodium: 638.65mg (27.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.34%), Vitamin K: 170.15µg (162.05%), Vitamin A: 3981.14IU (79.62%), Vitamin C: 45.32mg (54.93%), Selenium: 24.68µg (35.26%), Copper: 0.68mg (34.09%), Vitamin B12: 1.89µg (31.47%), Folate: 110.81µg (27.7%), Vitamin E: 2.93mg (19.55%), Phosphorus: 185.44mg (18.54%),

Manganese: 0.36mg (18.04%), Fiber: 4.47g (17.86%), Potassium: 590.5mg (16.87%), Zinc: 2.5mg (16.68%), Calcium: 151.98mg (15.2%), Vitamin B5: 1.48mg (14.77%), Magnesium: 52.2mg (13.05%), Vitamin B6: 0.26mg (12.77%), Vitamin B3: 2.27mg (11.34%), Vitamin B2: 0.15mg (8.84%), Vitamin B1: 0.11mg (7.64%), Iron: 1.08mg (5.98%)