



 **68%**
HEALTH SCORE

Crab, Apple and Watercress Salad with Walnut Vinaigrette

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 rib celery thinly sliced
- 2 teaspoons dijon mustard
- 1 apples i use 2 granny smith apples cut into 1/2-inch dice
- 6 servings kosher salt and pepper freshly ground
- 1 pound lump crab picked over drained
- 2 tablespoons olive oil extra-virgin
- 1 shallots minced

- 2 tablespoons walnut oil
- 0.3 cup walnuts coarsely chopped
- 14 ounces watercress thick
- 2.5 tablespoons citrus champagne vinegar

Equipment

- bowl
- whisk

Directions

- In a bowl, whisk the vinegar with the shallot and mustard.
- Whisk in the walnut and olive oils and season with salt and pepper.
- In a medium bowl, toss the watercress with 3 tablespoons of the dressing. In another medium bowl, gently toss the crab with the celery, apple, walnuts and the remaining dressing. Season with salt and pepper.
- Transfer the watercress to plates, top with the crab salad and serve.

Nutrition Facts



PROTEIN 30.01% **FAT 57.79%** **CARBS 12.2%**

Properties

Glycemic Index:29.67, Glycemic Load:1.54, Inflammation Score:-9, Nutrition Score:24.533478363701%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 15.28mg, Kaempferol: 15.28mg, Kaempferol: 15.28mg, Kaempferol: 15.28mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 21.06mg, Quercetin: 21.06mg, Quercetin: 21.06mg, Quercetin: 21.06mg

Nutrients (% of daily need)

Calories: 216.82kcal (10.84%), Fat: 14.2g (21.85%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 5.04g (1.83%), Sugar: 3.81g (4.24%), Cholesterol: 31.75mg (10.58%), Sodium: 873.04mg (37.96%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.6g (33.19%), Vitamin K: 169.88µg (161.79%), Vitamin B12: 6.8µg (113.4%), Copper: 0.87mg (43.26%), Vitamin C: 35.6mg (43.15%), Vitamin A: 2149.48IU (42.99%), Selenium: 29.05µg (41.5%), Zinc: 4.81mg (32.09%), Phosphorus: 235.96mg (23.6%), Manganese: 0.44mg (22.16%), Magnesium: 64.69mg (16.17%), Vitamin B6: 0.26mg (13.09%), Potassium: 453.44mg (12.96%), Calcium: 125.61mg (12.56%), Folate: 48.15µg (12.04%), Vitamin E: 1.46mg (9.74%), Vitamin B1: 0.13mg (8.34%), Vitamin B2: 0.13mg (7.74%), Fiber: 1.7g (6.82%), Vitamin B5: 0.54mg (5.43%), Vitamin B3: 1.08mg (5.42%), Iron: 0.94mg (5.21%)