



Crab & asparagus salad with real salad cream

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 asparagus spears trimmed cut into 3 pieces on the diagonal
- ☐ 100 g broad beans podded
- ☐ 1 handful watercress
- ☐ 100 g crab meat white (I used a mixture of and brown)
- ☐ 1 large eggs
- ☐ 2 tsp dijon mustard
- ☐ 1.5 tsp golden caster sugar
- ☐ 1 tbsp juice of lemon

- ☐ 1 tbsp olive oil extra-virgin
- ☐ 3 tbsp double cream

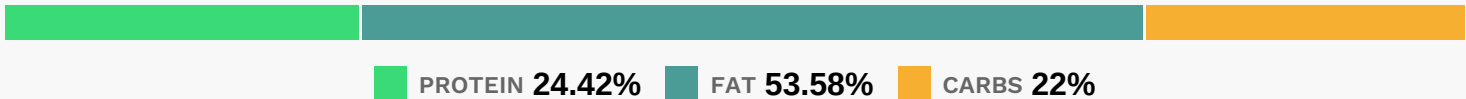
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Boil the asparagus and beans in salted water for 2 mins, drain well, then cool quickly under cold running water. Slip the outer skins from the beans.
- ☐ For the salad cream, put the egg into a pan of boiling water, then boil for 5 mins. Cool quickly under running water, then peel.
- ☐ Cut the egg carefully in half, then scoop the yolk into a bowl.
- ☐ Whisk in the mustard, sugar, lemon juice and seasoning.
- ☐ Whisk in the oil and cream.
- ☐ Arrange the watercress, asparagus and beans over two plates. Pile the crab in the centre, then drizzle with the dressing.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:4.61, Inflammation Score:-8, Nutrition Score:22.15173918268%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg

Nutrients (% of daily need)

Calories: 301.01kcal (15.05%), Fat: 18.28g (28.13%), Saturated Fat: 7.05g (44.06%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 12.27g (4.46%), Sugar: 5.75g (6.39%), Cholesterol: 139.43mg (46.47%), Sodium: 519.77mg (22.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.49%), Vitamin B12: 4.76µg (79.31%), Selenium: 31.43µg (44.9%), Vitamin K: 41.06µg (39.11%), Copper: 0.77mg (38.43%), Folate: 130.17µg (32.54%), Zinc: 4.33mg (28.84%), Phosphorus: 282.55mg (28.25%), Vitamin A: 1110.01IU (22.2%), Vitamin B2: 0.34mg (20.02%), Manganese: 0.39mg (19.31%), Iron: 3.36mg (18.67%), Fiber: 4.62g (18.48%), Magnesium: 64.95mg (16.24%), Vitamin E: 2.43mg (16.17%), Vitamin B1: 0.21mg (14.04%), Vitamin C: 11.4mg (13.82%), Potassium: 473.61mg (13.53%), Vitamin B6: 0.24mg (12.14%), Calcium: 95.31mg (9.53%), Vitamin B5: 0.94mg (9.43%), Vitamin B3: 1.76mg (8.8%), Vitamin D: 0.86µg (5.73%)