



HEALTH SCORE

69%

Crab, Avocado and Asparagus Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 pound asparagus thick



6 basil



0.5 cup flat parsley



2 haas avocados cut into 8 wedges



8 servings salt and pepper freshly ground



3 tablespoons juice of lemon fresh



1 pound lump crab meat



7 tablespoons olive oil extra virgin extra-virgin

- ☐ 3.5 ounces pea shoots trimmed
- ☐ 0.3 cup pistachios salted coarsely chopped
- ☐ 1 shallots coarsely chopped

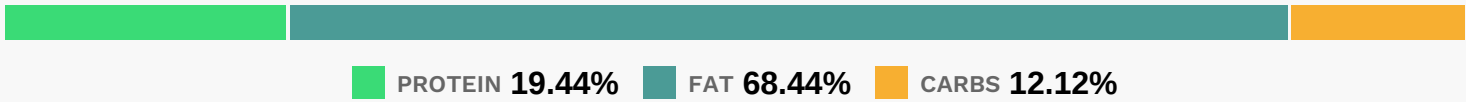
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ mandoline
- ☐ peeler

Directions

- ☐ Bring a saucepan of salted water to a boil. Fill a bowl with ice water.
- ☐ Cut off 1 inch of the asparagus tips and cut each tip in half lengthwise. Using a peeler or mandoline, shave the asparagus spears lengthwise. Blanch the asparagus tips and strands in the boiling water until just heated through, 10 seconds.
- ☐ Drain and transfer to the ice water to chill; drain well. Pat dry and transfer to a bowl.
- ☐ In a blender, blend the oil, lemon juice, basil, shallot and 1/4 cup of the parsley. Season the dressing with salt and pepper.
- ☐ Add the pea shoots, pistachios and the remaining 1/4 cup of parsley leaves to the asparagus. Toss with half of the dressing and season with salt and pepper.
- ☐ Add the crab, avocado and the remaining dressing, toss gently and serve at once.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.98, Inflammation Score:-8, Nutrition Score:23.977391263713%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 276.4kcal (13.82%), Fat: 21.91g (33.71%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 3.5g (1.27%), Sugar: 2.14g (2.37%), Cholesterol: 23.81mg (7.94%), Sodium: 677.75mg (29.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14g (28.01%), Vitamin K: 104.28µg (99.32%), Vitamin B12: 5.1µg (85.05%), Copper: 0.79mg (39.3%), Vitamin C: 28.41mg (34.44%), Selenium: 22.46µg (32.09%), Zinc: 4.14mg (27.63%), Folate: 105.19µg (26.3%), Vitamin E: 3.57mg (23.82%), Fiber: 5.45g (21.79%), Phosphorus: 203.29mg (20.33%), Vitamin A: 914.24IU (18.28%), Vitamin B6: 0.35mg (17.42%), Potassium: 551.36mg (15.75%), Magnesium: 58.01mg (14.5%), Iron: 2.33mg (12.94%), Manganese: 0.25mg (12.33%), Vitamin B1: 0.18mg (11.94%), Vitamin B5: 1.1mg (11.04%), Vitamin B3: 2.17mg (10.83%), Vitamin B2: 0.18mg (10.66%), Calcium: 57.2mg (5.72%)