



Crab, Avocado, and Tomato Martini



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



245 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 medium avocado peeled chopped
- ☐ 0.5 garlic clove chopped
- ☐ 2 tablespoons hendrick's gin
- ☐ 0.3 cup zatarain's remoulade sauce
- ☐ 0.3 cup zatarain's cocktail sauce
- ☐ 0.5 teaspoon lemon pepper
- ☐ 1 pound lump crab meat fresh drained
- ☐ 12 holland onions

- ☐ 0.3 teaspoon salt
- ☐ 1 medium tomatoes peeled seeded chopped

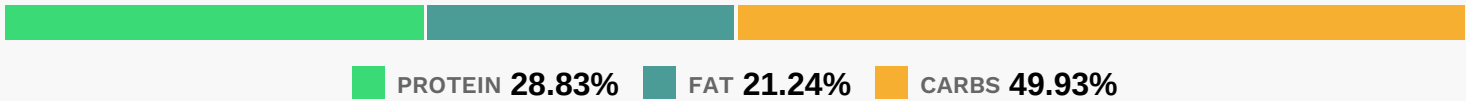
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Process first 6 ingredients in a food processor or blender 15 seconds or until blended.
- ☐ Remove and reserve 3 Tbsp. rmoulade sauce mixture. Stir together remaining rmoulade sauce mixture, avocado, and tomato in a medium bowl.
- ☐ Place half of crabmeat in 6 martini glasses. Top evenly with avocado mixture and remaining half of crabmeat.
- ☐ Drizzle each evenly with reserved 3 Tbsp. rmoulade sauce mixture (about 1 1/2 tsp. each).
Spear 2 stuffed olives onto a wooden pick, and place in a glass; repeat with remaining stuffed olives.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:5.04, Inflammation Score:-8, Nutrition Score:21.089130297951%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:

44.78mg, Quercetin: 44.78mg, Quercetin: 44.78mg, Quercetin: 44.78mg

Nutrients (% of daily need)

Calories: 245.19kcal (12.26%), Fat: 5.67g (8.72%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 23.69g (8.62%), Sugar: 14.65g (16.27%), Cholesterol: 31.75mg (10.58%), Sodium: 977.78mg (42.51%), Alcohol: 1.67g (100%), Alcohol %: 0.56% (100%), Protein: 17.31g (34.62%), Vitamin B12: 6.8µg (113.4%), Copper: 0.86mg (43.13%), Selenium: 28.8µg (41.14%), Zinc: 5.13mg (34.19%), Vitamin C: 27.81mg (33.71%), Folate: 105.31µg (26.33%), Phosphorus: 252.55mg (25.25%), Fiber: 6.28g (25.11%), Vitamin B6: 0.48mg (24.18%), Manganese: 0.41mg (20.39%), Potassium: 689.82mg (19.71%), Magnesium: 71.36mg (17.84%), Vitamin B1: 0.16mg (10.98%), Vitamin B5: 1.02mg (10.23%), Vitamin K: 9.81µg (9.34%), Calcium: 92.7mg (9.27%), Vitamin B3: 1.8mg (8.98%), Vitamin B2: 0.14mg (8.24%), Iron: 1.17mg (6.5%), Vitamin E: 0.85mg (5.67%), Vitamin A: 243.15IU (4.86%)