



Crab, avocado & rocket salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 450 g crab meat white (a mix of $\frac{2}{3}$ and $\frac{1}{3}$ brown)
- ☐ 200 ml crème fraîche
- ☐ 1 juice of lemon
- ☐ 12 cherry tomatoes
- ☐ 1 large avocado ripe
- ☐ 110 g arugula washed and dried
- ☐ 3 tbsp olive oil

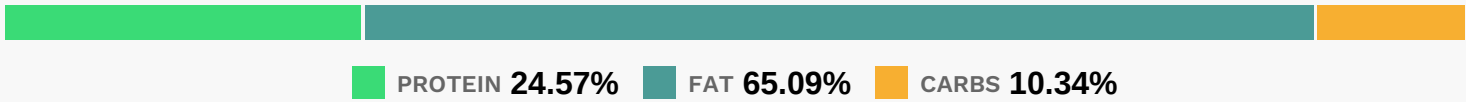
Equipment

☐ bowl

Directions

- ☐ Put the crabmeat in a glass or metal bowl. Check for any shards of shell. Tip the brown crabmeat into a small bowl. Stir in the crme frache and the lemon juice until smooth. Lightly season, then set aside.
- ☐ Cut the tomatoes in half, or into quarters if large.
- ☐ Cut the avocado in half lengthways and remove the stone. Peel off the skin, then cut into thin slices.
- ☐ Put the rocket, tomatoes and avocado into a large bowl. Squeeze over the remaining lemon juice and the olive oil. Season, then toss until the salad is coated with the dressing.
- ☐ Arrange the salad onto serving plates. Scatter over the white crabmeat, drizzle with crme frache dressing and serve straight away.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:27.72260852482%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 381.67kcal (19.08%), Fat: 28.25g (43.46%), Saturated Fat: 7.56g (47.28%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 5.92g (2.15%), Sugar: 4.01g (4.46%), Cholesterol: 75.93mg (25.31%), Sodium: 972.41mg (42.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.98%), Vitamin B12: 10.23µg (170.45%), Selenium: 43.29µg (61.85%), Copper: 1.2mg (60.09%), Zinc: 7.38mg (49.2%), Vitamin K: 49.01µg (46.67%), Vitamin

C: 31.99mg (38.78%), Phosphorus: 338.63mg (33.86%), Folate: 127.92µg (31.98%), Vitamin A: 1305.61IU (26.11%), Magnesium: 92.52mg (23.13%), Potassium: 754.46mg (21.56%), Vitamin E: 3.15mg (21.01%), Vitamin B6: 0.38mg (19.08%), Fiber: 4.19g (16.74%), Calcium: 157.04mg (15.7%), Vitamin B5: 1.45mg (14.51%), Vitamin B2: 0.23mg (13.61%), Manganese: 0.26mg (12.94%), Vitamin B3: 2.52mg (12.6%), Iron: 1.79mg (9.93%), Vitamin B1: 0.12mg (8.27%)