



Crab & avocado tostadas



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small onion red sliced into thin rings
- ☐ 2 juice of lime
- ☐ 1 pinch sugar
- ☐ 170 g crabmeat white in brine drained canned
- ☐ 2 spring onion finely sliced
- ☐ 1 to 5 chillies red deseeded chopped
- ☐ 1 avocado ripe peeled chopped
- ☐ 1 small garlic clove crushed

- ☐ 2 corn tortillas
- ☐ 1 handful the salad mixed

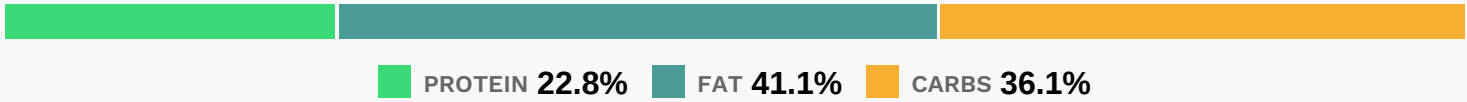
Equipment

- ☐ bowl
- ☐ toaster

Directions

- ☐ Put the onion in a bowl and cover with half the lime juice and a good pinch each of sugar and salt. Leave to soften while you get everything else ready.
- ☐ Mix together the crabmeat, spring onions and half the chilli. Season with black pepper and set aside. Mash the avocado with the remaining lime juice, garlic and some seasoning. You can leave it quite chunky or mash it until smooth. Stir in the rest of the chilli.
- ☐ Bend each tortilla in half and toast in a toaster for 1 min. Put on 2 plates and top with the salad leaves, then mashed avocado. Finish with the crabmeat and drained pickled onion.
- ☐ Serve with lime wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:147.3, Glycemic Load:8.31, Inflammation Score:-8, Nutrition Score:29.794782555622%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.63mg, Quercetin: 12.63mg, Quercetin: 12.63mg, Quercetin: 12.63mg

Nutrients (% of daily need)

Calories: 337.73kcal (16.89%), Fat: 16.36g (25.18%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 22.23g (8.08%), Sugar: 5.72g (6.35%), Cholesterol: 82.45mg (27.48%), Sodium: 509.49mg (22.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.85%), Vitamin C: 65.62mg (79.54%), Selenium: 39.24µg (56.05%), Copper: 1.01mg (50.3%), Vitamin K: 49.78µg (47.41%), Vitamin B12: 2.83µg (47.17%), Fiber: 10.11g (40.43%), Folate: 159.8µg (39.95%), Phosphorus: 377.16mg (37.72%), Vitamin B6: 0.68mg (34.05%), Zinc: 4.5mg (30.03%), Potassium: 1017.33mg (29.07%), Vitamin E: 4.02mg (26.78%), Vitamin B3: 5.05mg (25.23%), Vitamin B5: 2.46mg (24.63%), Magnesium: 96.51mg (24.13%), Manganese: 0.48mg (24.12%), Vitamin B2: 0.29mg (16.86%), Vitamin A: 726.22IU (14.52%), Calcium: 144.43mg (14.44%), Vitamin B1: 0.18mg (11.73%), Iron: 2mg (11.12%)