



Crab & citrus salad with Chardonnay dressing

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 140 g crab meat white
- ☐ 1 cranberry-orange relish peeled
- ☐ 1 tsp chives and dill chopped
- ☐ 2 tsp mayonnaise
- ☐ 1 grapefruit peeled
- ☐ 1 handful baby salad leaves mixed good
- ☐ 3 slices sourdough toasted
- ☐ 2 tbsp chardonnay vinegar italian (buy from delis, or just use a regular white wine vinegar)

- ☐ 1 tsp dijon mustard
- ☐ 1 tsp sugar
- ☐ 5 tbsp olive oil

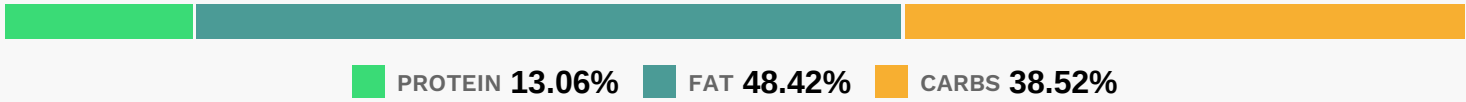
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Make the dressing by whisking together the vinegar, mustard and sugar in a small bowl. Slowly add the oil to the mixture, whisking until it has all been incorporated, then set aside.
- ☐ Put the crab in a bowl with a little of the reserved orange juice and toss together before adding the herbs, mayonnaise and some seasoning, then gently mixing.
- ☐ Toss the orange and grapefruit segments with the salad leaves and pile a little onto 2 plates.
- ☐ Add a slice or 2 of bread and the crab mix, then drizzle the leaves with some salad dressing.

Nutrition Facts



Properties

Glycemic Index:157.55, Glycemic Load:45.42, Inflammation Score:-9, Nutrition Score:34.742173808586%

Flavonoids

Hesperetin: 18.3mg, Hesperetin: 18.3mg, Hesperetin: 18.3mg, Hesperetin: 18.3mg Naringenin: 51.81mg, Naringenin: 51.81mg, Naringenin: 51.81mg, Naringenin: 51.81mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 753.6kcal (37.68%), Fat: 41.09g (63.21%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 73.55g (24.52%), Net Carbohydrates: 67.71g (24.62%), Sugar: 21.54g (23.93%), Cholesterol: 31.08mg (10.36%), Sodium: 1218.1mg (52.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.86%), Vitamin B12: 6.3µg (105.08%),

Vitamin C: 79.86mg (96.79%), Selenium: 54.35µg (77.64%), Vitamin B1: 0.83mg (55.28%), Folate: 185.81µg (46.45%), Copper: 0.87mg (43.31%), Vitamin E: 5.67mg (37.78%), Zinc: 5.33mg (35.51%), Vitamin A: 1681.43IU (33.63%), Vitamin B2: 0.51mg (29.96%), Manganese: 0.59mg (29.58%), Vitamin B3: 5.86mg (29.3%), Phosphorus: 291.22mg (29.12%), Vitamin K: 28.93µg (27.55%), Iron: 4.65mg (25.86%), Fiber: 5.85g (23.39%), Magnesium: 85.02mg (21.25%), Potassium: 558.57mg (15.96%), Vitamin B6: 0.32mg (15.87%), Calcium: 139.92mg (13.99%), Vitamin B5: 1.08mg (10.8%)