

Crab cocktail



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small fennel bulb very finely sliced
- ☐ 1 juice of lemon
- ☐ 2 avocados diced
- ☐ 1 small bunch optional: dill finely chopped
- ☐ 2 baby gem lettuces
- ☐ 500 g crab meat white cooked (use a mixture of brown and)
- ☐ 4 servings lemon wedges
- ☐ 3 tbsp mayonnaise

- ☐ 2 tbsp catsup
- ☐ 0.5 tsp worcestershire sauce
- ☐ 3 drops all the tabasco sauce you handle
- ☐ 1 lemon zest
- ☐ 1 large pinch cayenne pepper plus a little extra to finish
- ☐ 0.5 chilli red finely chopped

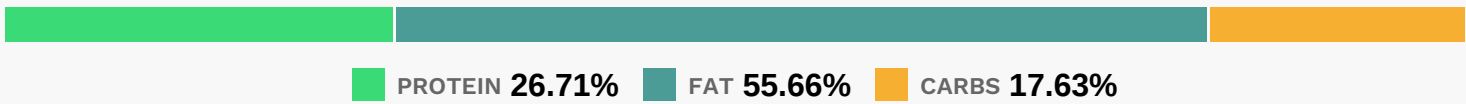
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Put the fennel in a large bowl of ice-cold water with a squeeze of lemon juice. Leave for at least 30 mins to crisp up.
- ☐ Drizzle more lemon juice on the avocados to stop them browning.
- ☐ Whisk together all the ingredients for the Marie Rose sauce in a bowl with seasoning. Set aside to chill in the fridge.
- ☐ Just before serving, drain the fennel and toss with the remaining lemon juice, dill and some seasoning.
- ☐ Layer the lettuce, avocado, fennel and crab in 4 x half-pint glasses or tumblers or jam jars.
- ☐ Add a spoonful of sauce to each, then repeat the layers until the glasses are full, finishing with the Marie Rose sauce.
- ☐ Sprinkle a pinch of cayenne pepper over each cocktail and serve with lemon wedges and toast, if you like.

Nutrition Facts



Properties

Glycemic Index:74.21, Glycemic Load:2.1, Inflammation Score:-7, Nutrition Score:31.760434985809%

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: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 367.8kcal (18.39%), Fat: 23.63g (36.35%), Saturated Fat: 3.66g (22.9%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.52g (6.14%), Cholesterol: 125.6mg (41.87%), Sodium: 914.47mg (39.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.01%), Selenium: 54.8µg (78.28%), Vitamin K: 76.3µg (72.67%), Vitamin B12: 4.17µg (69.58%), Copper: 1.27mg (63.48%), Vitamin C: 36.08mg (43.74%), Folate: 166.16µg (41.54%), Phosphorus: 383.06mg (38.31%), Zinc: 5.59mg (37.24%), Fiber: 8.91g (35.64%), Vitamin E: 5.25mg (34.99%), Potassium: 1119.59mg (31.99%), Vitamin B3: 5.79mg (28.95%), Vitamin B5: 2.83mg (28.3%), Vitamin B6: 0.53mg (26.67%), Magnesium: 87.82mg (21.96%), Manganese: 0.37mg (18.69%), Vitamin B2: 0.29mg (17.19%), Calcium: 161.63mg (16.16%), Iron: 1.81mg (10.04%), Vitamin B1: 0.11mg (7.56%), Vitamin A: 368.25IU (7.37%)