



Crab, Corn, and Tomato Salad with Lemon-Basil Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup basil leaves thinly sliced
- 2 inch beefsteak tomatoes ripe
- 0.1 teaspoon pepper black freshly ground
- 2 cups cherry tomatoes halved
- 0.5 teaspoon dijon mustard
- 1 tablespoon olive oil extravirgin
- 1 cup corn kernels fresh (2 ears)

- 1 teaspoon honey
- 5 tablespoons juice of lemon fresh divided
- 1 tablespoon lemon rind grated
- 1 pound lump crab meat
- 0.3 cup bell pepper red chopped
- 2 tablespoons onion red finely chopped
- 0.3 teaspoon salt

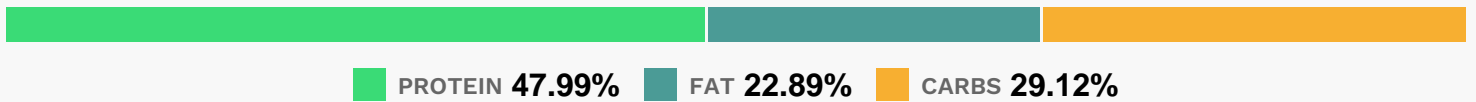
Equipment

- bowl
- whisk

Directions

- Combine rind, 3 tablespoons juice, and next 5 ingredients (through black pepper) in a large bowl, stirring well with a whisk. Reserve 1 1/2 tablespoons juice mixture.
- Add remaining 2 tablespoons juice, corn, and next 4 ingredients (through crab) to remaining juice mixture; toss gently to coat.
- Arrange 2 tomato slices and 1/2 cup cherry tomatoes on each of 4 plates.
- Drizzle about 1 teaspoon reserved juice mixture over each serving. Top each serving with 1 cup corn and crab mixture.

Nutrition Facts



Properties

Glycemic Index:70.82, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:23.184347878332%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 186.46kcal (9.32%), Fat: 4.87g (7.49%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 12.1g (4.4%), Sugar: 6.75g (7.5%), Cholesterol: 47.63mg (15.88%), Sodium: 1114.98mg (48.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.97g (45.93%), Vitamin B12: 10.21µg (170.1%), Selenium: 42.16µg (60.24%), Vitamin C: 49.33mg (59.79%), Copper: 1.14mg (56.87%), Zinc: 7.09mg (47.24%), Phosphorus: 309mg (30.9%), Folate: 85.28µg (21.32%), Magnesium: 80.2mg (20.05%), Vitamin A: 843.35IU (16.87%), Potassium: 550.46mg (15.73%), Vitamin B6: 0.31mg (15.57%), Vitamin B3: 2.43mg (12.16%), Manganese: 0.23mg (11.36%), Vitamin K: 11.22µg (10.68%), Vitamin B1: 0.15mg (9.78%), Iron: 1.54mg (8.54%), Vitamin B5: 0.83mg (8.26%), Vitamin E: 1.15mg (7.66%), Fiber: 1.83g (7.31%), Calcium: 69.7mg (6.97%), Vitamin B2: 0.1mg (5.94%)