



Crab, Lemon, and Avocado Salad



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup spring onion finely chopped
- ☐ 3.5 tablespoons juice of lemon fresh
- ☐ 8 leaf broad-leaf culantro leaves red
- ☐ 1 pound lump crab meat drained
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt

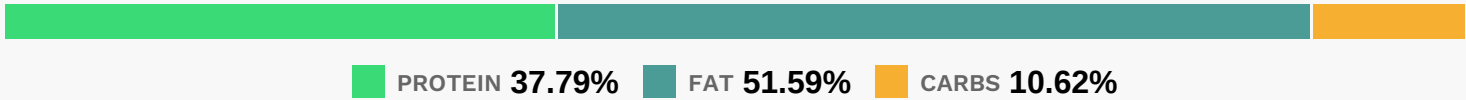
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients, stirring well with a whisk.
- ☐ Place crabmeat, onions, and avocado in a medium bowl.
- ☐ Add lemon juice mixture; toss gently to coat.
- ☐ Serve over lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:22.821739134581%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg 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: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 229.37kcal (11.47%), Fat: 13.38g (20.58%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.96g (1.07%), Cholesterol: 47.63mg (15.88%), Sodium: 1244.96mg (54.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.05g (44.11%), Vitamin B12: 10.21µg (170.1%), Selenium: 41.6µg (59.43%), Copper: 1.16mg (57.75%), Zinc: 7.13mg (47.53%), Vitamin K: 42.49µg (40.47%), Phosphorus: 280.81mg (28.08%), Folate: 101.95µg (25.49%), Vitamin C: 20.47mg (24.81%), Magnesium: 73.78mg (18.44%), Vitamin B6: 0.32mg (15.75%), Potassium: 527.75mg (15.08%), Fiber: 3.76g (15.06%), Vitamin E: 1.89mg (12.59%), Vitamin B5: 1.13mg (11.25%), Vitamin B3: 2.21mg (11.03%), Vitamin A: 376.17IU (7.52%), Vitamin B2: 0.13mg (7.51%), Manganese:

0.15mg (7.27%), Calcium: 69.15mg (6.91%), Iron: 1.2mg (6.68%), Vitamin B1: 0.09mg (6.25%)