



Crab Louie Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



1130 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound asparagus spears cooked
- 1 avocado pitted peeled sliced lengthwise
- 0.5 cup olives black chopped
- 8 ounces picked dungeness crabmeat fresh
- 2 hardboiled eggs chopped
- 1 head iceberg lettuce chopped
- 1 pint mayonnaise
- 0.5 cup relish sweet

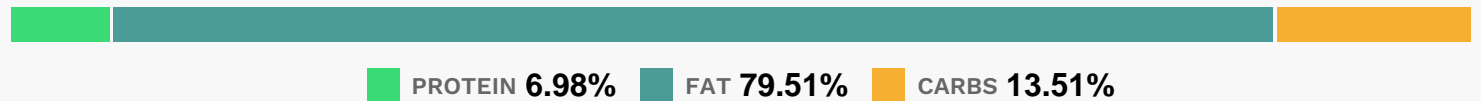
- 0.5 pint tomato ketchup
- 3 tomatoes quartered

Equipment

Directions

- To make dressing, mix together mayonnaise, ketchup, relish, olives, and eggs.
- Make a bed of iceberg lettuce on a large plate. Top with crab, avocado, tomatoes, and asparagus.
- Drizzle with Louie dressing

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:34.93347827248%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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 Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg

Nutrients (% of daily need)

Calories: 1129.95kcal (56.5%), Fat: 102.09g (157.06%), Saturated Fat: 16.22g (101.35%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 30.53g (11.1%), Sugar: 20.12g (22.36%), Cholesterol: 166.75mg (55.58%), Sodium: 2411.38mg (104.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.35%), Vitamin K: 268.81µg (256.01%), Vitamin B12: 5.52µg (92.04%), Vitamin E: 8.07mg (53.77%), Vitamin A: 2588.07IU (51.76%), Selenium: 33.26µg (47.52%), Copper: 0.93mg (46.74%), Folate: 171.1µg (42.77%), Vitamin C: 31.31mg (37.95%), Fiber: 8.47g (33.89%), Zinc: 4.97mg (33.14%), Phosphorus: 324.97mg (32.5%), Potassium: 1134.78mg (32.42%), Vitamin B2: 0.48mg (28.42%), Vitamin B6: 0.54mg (26.96%), Manganese: 0.53mg (26.61%), Magnesium: 88.9mg (22.22%), Iron: 3.84mg (21.35%), Vitamin B3: 3.82mg (19.1%), Vitamin B1: 0.28mg (18.61%), Vitamin B5: 1.84mg (18.43%), Calcium: 120.33mg

(12.03%), Vitamin D: 0.79µg (5.24%)