



Crab Louis

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup celery diced finely
- 0.7 cup chili sauce
- 4 large eggs chopped
- 0.3 cup parsley fresh minced
- 0.3 cup green onions sliced
- 1 tablespoon horseradish prepared
- 0.3 cup juice of lemon
- 1 pound lump crab meat fresh

- 0.5 cup nonfat mayonnaise
- 0.3 teaspoon pepper
- 0.3 cup bell pepper diced red finely
- 8 cups romaine lettuce sliced
- 3 tomatoes cut into 6 wedges

Equipment

- bowl

Directions

- Combine crab and celery in a medium bowl; toss well.
- Combine chili sauce and next 7 ingredients in a medium bowl; stir well.
- Place 1 1/3 cups lettuce on each of 6 serving plates. Top each with 1/2 cup crab mixture. Arrange 3 tomato wedges and 1 lemon wedge, if desired, around each salad; sprinkle with chopped egg.
- Serve with dressing.

Nutrition Facts



PROTEIN 43.8% FAT 22.38% CARBS 33.82%

Properties

Glycemic Index:38.83, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:31.063043615092%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 185.64kcal (9.28%), Fat: 4.65g (7.15%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 12.07g (4.39%), Sugar: 9.45g (10.5%), Cholesterol: 157.48mg (52.49%), Sodium: 1265.25mg

(55.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.96%), Vitamin A: 6860.4IU (137.21%), Vitamin K: 128.09µg (121.99%), Vitamin B12: 7.1µg (118.34%), Selenium: 38.54µg (55.06%), Vitamin C: 37.95mg (46%), Copper: 0.85mg (42.3%), Folate: 161.94µg (40.48%), Zinc: 5.33mg (35.54%), Phosphorus: 290.2mg (29.02%), Potassium: 700.49mg (20.01%), Vitamin B6: 0.35mg (17.5%), Vitamin B2: 0.28mg (16.5%), Magnesium: 65.79mg (16.45%), Fiber: 3.74g (14.95%), Iron: 2.36mg (13.09%), Manganese: 0.25mg (12.43%), Vitamin B3: 2.07mg (10.33%), Vitamin B1: 0.15mg (10.22%), Vitamin E: 1.53mg (10.22%), Calcium: 100.12mg (10.01%), Vitamin B5: 0.99mg (9.9%), Vitamin D: 0.67µg (4.44%)