



Crab Louis Accents



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb firm-ripe avocado
- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 pound crabs shelled cooked
- ☐ 1 large hard-cooked egg shelled
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 cups tender salad leaves rinsed
- ☐ 2 servings salt and pepper
- ☐ 2 servings louis dressing

☐ 2 tablespoons bell pepper diced green red yellow (, , , or a combination)

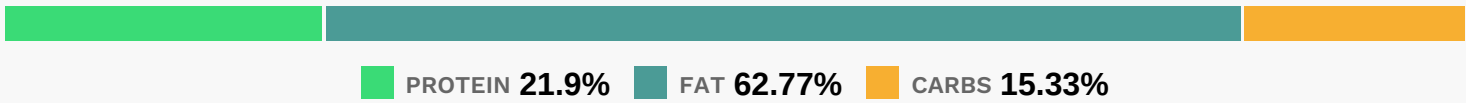
Equipment

- ☐ food processor
- ☐ sieve
- ☐ spatula

Directions

- ☐ Cut avocado in half lengthwise, then peel and pit. Turn halves cut side down, then cut each half crosswise into thin slices. With a wide spatula, transfer each avocado half to a dinner plate, keeping slices together. With your fingers, gently pull slices into a loose S that fills the center of the plate.
- ☐ Mix crab gently with Louis dressing.
- ☐ Add salt and pepper to taste.
- ☐ Mix salad leaves with vinegar, oil, and salt and pepper to taste.
- ☐ Lay 2 endive leaves parallel at the tip of each avocado S. Spoon crab mixture beneath the endive and next to the avocado, then mound salad leaves onto base of endive. Scatter plates with the diced bell pepper.
- ☐ Mince egg in a food processor, or rub through a fine strainer.
- ☐ Sprinkle over crab salad.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:1.37, Inflammation Score:-8, Nutrition Score:26.683043396991%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:

0.02mg

Nutrients (% of daily need)

Calories: 337.82kcal (16.89%), Fat: 24.46g (37.62%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 5.64g (2.05%), Sugar: 2.38g (2.64%), Cholesterol: 138.26mg (46.09%), Sodium: 476.25mg (20.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.4%), Vitamin B12: 7.08µg (118.04%), Selenium: 36.42µg (52.03%), Vitamin C: 35.18mg (42.64%), Folate: 155.23µg (38.81%), Copper: 0.75mg (37.57%), Fiber: 7.79g (31.17%), Zinc: 4.33mg (28.86%), Potassium: 943.55mg (26.96%), Vitamin K: 27.41µg (26.11%), Phosphorus: 258.94mg (25.89%), Vitamin B2: 0.43mg (25.32%), Vitamin B6: 0.49mg (24.71%), Vitamin B3: 4.67mg (23.37%), Vitamin B5: 2.27mg (22.68%), Vitamin E: 3.36mg (22.39%), Vitamin A: 1109.81IU (22.2%), Magnesium: 75.56mg (18.89%), Manganese: 0.31mg (15.27%), Vitamin B1: 0.15mg (9.69%), Iron: 1.56mg (8.65%), Calcium: 68.33mg (6.83%), Vitamin D: 0.55µg (3.67%)