



Crab Luncheon Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 3 hard-cooked eggs quartered
- ☐ 4 servings lettuce leaves
- ☐ 1 pound lump crab meat fresh drained
- ☐ 1 medium onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 tomatoes sliced

- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 0.3 teaspoon worcestershire sauce

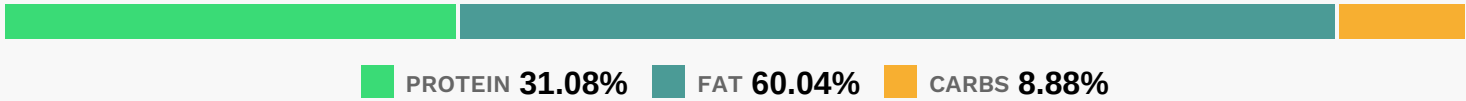
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients.
- ☐ Add crabmeat and onion, tossing gently to coat. Cover and chill 3 hours.
- ☐ Drain.
- ☐ Arrange tomato on lettuce-lined plates; top with crabmeat mixture.
- ☐ Place egg and, if desired, olives around crabmeat mixture.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.6, Inflammation Score:-9, Nutrition Score:27.561739382537%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 349.23kcal (17.46%), Fat: 23.05g (35.46%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 5.79g (2.11%), Sugar: 4.35g (4.83%), Cholesterol: 187.5mg (62.5%), Sodium: 1304.78mg (56.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.68%), Vitamin B12: 10.62µg (177.03%), Selenium: 53.14µg (75.91%), Copper: 1.13mg (56.29%), Vitamin A: 2769.83IU (55.4%), Zinc: 7.41mg (49.37%), Vitamin K: 41.33µg (39.36%), Phosphorus: 351.73mg (35.17%), Vitamin C: 26.98mg (32.7%), Folate: 94.65µg (23.66%), Magnesium: 76.86mg (19.21%), Vitamin B6: 0.35mg (17.35%), Potassium: 601.21mg (17.18%), Vitamin B2: 0.29mg

(17.12%), Manganese: 0.33mg (16.6%), Vitamin E: 2.45mg (16.34%), Vitamin B5: 1.04mg (10.41%), Calcium: 98.72mg (9.87%), Vitamin B3: 1.95mg (9.76%), Vitamin B1: 0.14mg (9.66%), Iron: 1.72mg (9.55%), Fiber: 1.88g (7.51%), Vitamin D: 0.82µg (5.5%)