



HEALTH SCORE

74%

Crab, Mango, and Avocado Salad with Citrus Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large avocado pitted peeled halved sliced
- ☐ 12 large boston lettuce leaves
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 pound lump crab meat fresh picked over separated
- ☐ 15 ounce mangos pitted peeled sliced
- ☐ 3 tablespoons olive oil

- ☐ 3 tablespoons orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 onion paper-thin red sliced

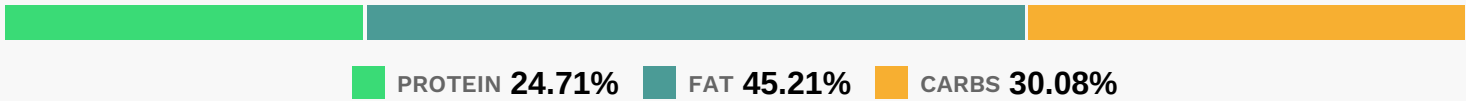
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in small bowl; whisk in oil. Season dressing with salt and pepper.
- ☐ Mix in onion; let marinate 15 minutes.
- ☐ Combine crabmeat, mango, and avocado in large bowl. Gently mix in dressing. Overlap ends of 3 lettuce leaves in center of each plate, forming bowl. Mound salad in lettuce bowls and serve.

Nutrition Facts



Properties

Glycemic Index:55.76, Glycemic Load:10.96, Inflammation Score:-10, Nutrition Score:32.469130308732%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg 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: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 1.86mg, Hesperetin: 1.86mg, Hesperetin: 1.86mg, Hesperetin: 1.86mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 366.73kcal (18.34%), Fat: 19.11g (29.4%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 22.71g (8.26%), Sugar: 21.35g (23.72%), Cholesterol: 47.63mg (15.88%), Sodium: 956.03mg (41.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (47.01%), Vitamin B12: 10.21µg (170.1%), Vitamin C: 62.55mg (75.82%), Vitamin K: 67.46µg (64.25%), Copper: 1.28mg (64.03%), Selenium: 42.52µg (60.74%), Vitamin A: 2771.01IU (55.42%), Zinc: 7.3mg (48.67%), Folate: 176.23µg (44.06%), Phosphorus: 311.2mg (31.12%), Vitamin B6: 0.49mg (24.39%), Vitamin E: 3.61mg (24.05%), Fiber: 5.9g (23.6%), Potassium: 814.6mg (23.27%), Magnesium: 89.91mg (22.48%), Vitamin B3: 3.08mg (15.38%), Vitamin B5: 1.42mg (14.24%), Manganese: 0.28mg (14.15%), Vitamin B2: 0.19mg (11.35%), Vitamin B1: 0.16mg (10.48%), Iron: 1.82mg (10.09%), Calcium: 91.95mg (9.2%)