



## Crab-Papaya Salad

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup green onions chopped
- 0.3 cup mayonnaise reduced-fat
- 1 pound lump crab meat fresh drained
- 0.3 cup mango chutney
- 1.5 tablespoons horseradish mustard
- 3 small papayas peeled seeded cut in half lengthwise, and
- 0.3 teaspoon pepper freshly ground
- 0.5 cup bell pepper sweet red chopped

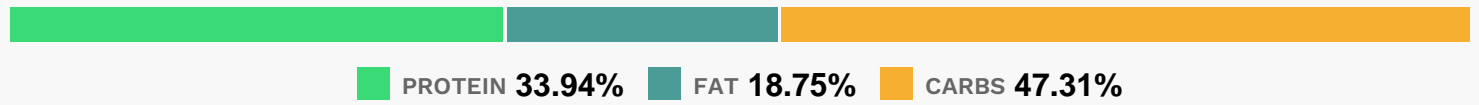
# Equipment

bowl

# Directions

- Combine first 7 ingredients in a small bowl, stirring well. Cover and chill.
- To serve, spoon 1/2 cup crab mixture into each papaya half.
- Place papaya halves on individual lettuce-lined salad plates, if desired.

# Nutrition Facts



# Properties

Glycemic Index:40.29, Glycemic Load:9.59, Inflammation Score:-8, Nutrition Score:19.883478351261%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

# Nutrients (% of daily need)

Calories: 172.24kcal (8.61%), Fat: 3.6g (5.54%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 18.42g (6.7%), Sugar: 13.93g (15.48%), Cholesterol: 33.74mg (11.25%), Sodium: 787.96mg (34.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin B12: 6.8µg (113.4%), Vitamin C: 69.51mg (84.26%), Selenium: 29.9µg (42.71%), Copper: 0.76mg (37.86%), Zinc: 4.65mg (30.99%), Vitamin A: 1182.28IU (23.65%), Phosphorus: 186.67mg (18.67%), Folate: 72.09µg (18.02%), Vitamin K: 18.08µg (17.22%), Magnesium: 58.08mg (14.52%), Potassium: 351.74mg (10.05%), Vitamin B6: 0.19mg (9.34%), Fiber: 2g (8%), Vitamin B3: 1.27mg (6.37%), Calcium: 60.16mg (6.02%), Manganese: 0.11mg (5.51%), Iron: 0.91mg (5.03%), Vitamin E: 0.75mg (5%), Vitamin B5: 0.47mg (4.75%), Vitamin B2: 0.08mg (4.72%), Vitamin B1: 0.07mg (4.63%)