

DAIRY FREE

Crab Parfait

24 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
20 min	20 min	4	\$3.33	261 kcal

Crab Parfait could be just the dairy free and pescatarian recipe you've been looking for. For \$3.33 per serving, this recipe covers 25% of your daily requirements of vitamins and minerals. One portion of this dish contains around 23g of protein, 9g of fat, and a total of 261 calories. This recipe se...

Ingredients

- ☐ 1 slices Toasted baguette
- ☐ 1 pinch Pinch cayenne pepper
- ☐ ½ teaspoon dry mustard
- ☐ ½ teaspoon ketchup
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tablespoon chopped parsley
- ☐ 1 shallot, minced
- ☐ 1 tablespoon capers
- ☐ 1 pound crabmeat, shredded
- ☐ ½ lemon, juiced
- ☐ 2 mangoes, diced
- ☐ 2 cups baby mixed greens, chopped fine
- ☐ 4 servings Salt and pepper, to taste

EQUIPMENT Whisk

Method

- 1

To make the dressing, whisk together mayonnaise, ketchup, cayenne, dry mustard, shallot, lemon juice, and parsley. Season the dressing with salt and pepper. Fold in the crabmeat and capers, turn to coat. Using a clear parfait glass or champagne glass, scoop a heaping tablespoon of the diced mangoes on the bottom of the glass. Press down slightly with a spoon.

- 2 Add a layer of crabmeat on top, pressing down again, followed by a layer of chopped mixed greens. Repeat the layers. After the last layer of greens, spoon a final mound of crab salad on top. Repeat with remaining 3 glasses.
- 3 Serve with toasted baguette slices.

Nutrition per serving

261

KCAL

23 g

PROTEIN

9 g

FAT

22 g

CARBS

Saturated Fat	1.5 g · 9% of daily needs
Fibre	2.2 g · 9% of daily needs
Sugar	15.4 g · 17% of daily needs
Sodium	1,327 mg · 58% of daily needs
Cholesterol	52 mg · 17% of daily needs
Vitamin C	53.7 mg · 65% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/crab-parfait-145029