



Crab Salad

 Gluten Free

READY IN



11 min.

SERVINGS



8

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter
- 0.5 bell pepper green chopped
- 12 ounces imitation crabmeat
- 1 cup mayonnaise
- 1 onion chopped

Equipment

- bowl
- frying pan

Directions

- In a medium skillet, saute the green pepper and onion in the butter for 3 minutes, or until vegetables are tender.
- Stir in imitation crabmeat, and saute for another 3 minutes.
- Remove from heat, and put mixture into a medium bowl. Stir in mayonnaise. May be served warm or cold.

Nutrition Facts

PROTEIN 4.16% **FAT 82.38%** **CARBS 13.46%**

Properties

Glycemic Index:17.13, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:3.5613042906575%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 277.13kcal (13.86%), Fat: 25.23g (38.81%), Saturated Fat: 5.98g (37.4%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.45g (3.07%), Sugar: 2.33g (2.59%), Cholesterol: 27.73mg (9.24%), Sodium: 451.32mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin K: 46.61µg (44.39%), Vitamin C: 7mg (8.48%), Vitamin E: 1.07mg (7.14%), Vitamin A: 177.19IU (3.54%), Fiber: 0.83g (3.31%), Vitamin B6: 0.04mg (1.78%), Manganese: 0.03mg (1.44%), Phosphorus: 12.61mg (1.26%), Folate: 4.91µg (1.23%), Potassium: 39.95mg (1.14%), Selenium: 0.77µg (1.09%)