



Crab Salad

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chiles in adobo sauce canned from chipotle chiles in adobo
- ☐ 4 avocados pitted peeled
- ☐ 1 pound dungeness crab meat cooked
- ☐ 1 tablespoon cilantro leaves fresh chopped for garnish
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup bell pepper red chopped from

- ☐ 12 servings salt and pepper black freshly ground
- ☐ 0.5 cup cup heavy whipping cream sour

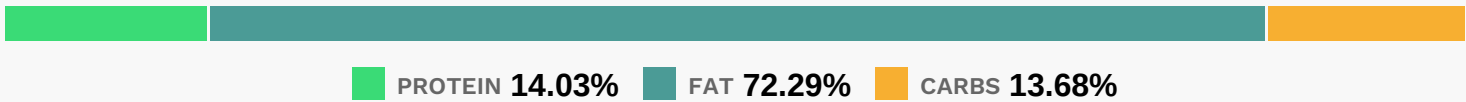
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the mayonnaise, sour cream, adobo sauce, ketchup and lime juice together in a large bowl. Season with some salt and pepper. Fold in the bell peppers and chopped cilantro. Then fold in the crab.
- ☐ Cut a thin slice off the rounded side of the avocados so that they sit flat on a plate.
- ☐ Place the avocado halves, flat-side down, on a platter. Fill the cavities with the crab mixture, dividing equally.
- ☐ Garnish with a cilantro sprig.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:13.745217452555%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 228.3kcal (11.42%), Fat: 19.08g (29.35%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.74g (1.93%), Cholesterol: 31.88mg (10.63%), Sodium: 201.39mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.67%), Vitamin B12: 3.43µg (57.22%), Vitamin K: 29.99µg (28.56%), Selenium: 14.89µg (21.27%), Copper: 0.39mg (19.52%), Fiber: 4.87g (19.48%), Folate: 74.36µg (18.59%), Vitamin C: 14.27mg (17.3%), Potassium: 492.79mg (14.08%), Zinc: 2.11mg (14.04%), Vitamin B6: 0.25mg (12.54%), Vitamin E: 1.84mg (12.26%), Vitamin B3: 2.44mg (12.21%), Phosphorus: 115.13mg (11.51%), Vitamin B5: 1.13mg (11.3%), Vitamin B2: 0.18mg (10.38%), Magnesium: 38.69mg (9.67%), Manganese: 0.15mg (7.38%), Vitamin A: 344.2IU (6.88%), Vitamin B1: 0.07mg (4.58%), Calcium: 37.33mg (3.73%), Iron: 0.63mg (3.52%)