



Crab Salad and Buttermilk Caesar Dressing

READY IN



45 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 fillet anchovy drained chopped
- ☐ 3 cups sourdough bread crustless
- ☐ 0.3 cup buttermilk
- ☐ 7 garlic clove
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound lump crab meat fresh picked over
- ☐ 0.8 cup mayonnaise
- ☐ 3 cups the salad mixed
- ☐ 0.3 cup olive oil

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 10 ounces the of 1 cos lettuce
- ☐ 1 teaspoon worcestershire sauce

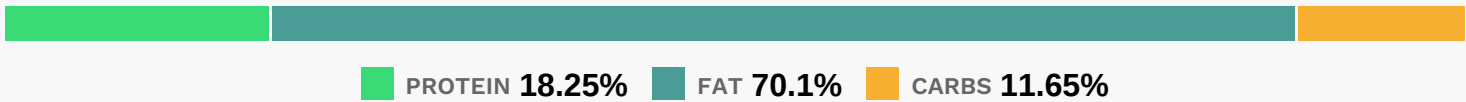
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ Finely chop 3 garlic cloves and anchovies in processor.
- ☐ Add mayonnaise, buttermilk, lemon juice and Worcestershire and blend until smooth. Season dressing to taste with pepper.
- ☐ Heat oil in heavy large skillet over medium-low heat. Flatten 4 garlic cloves with flat side of knife blade.
- ☐ Add to oil; cook until brown, about 5 minutes. Using slotted spoon, discard garlic.
- ☐ Add bread cubes to oil; cook until crisp and golden, stirring frequently, about 15 minutes.
- ☐ Transfer to paper towels; drain.
- ☐ Toss crab and 1/4 cup dressing in medium bowl.
- ☐ Combine romaine, mixed greens, cheese and bread cubes in large bowl. Toss with enough dressing to taste. Season generously with pepper. Divide salad among plates. Top with crab.

Nutrition Facts



Properties

Glycemic Index:47.88, Glycemic Load:9.24, Inflammation Score:-10, Nutrition Score:35.159130376318%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 634.9kcal (31.74%), Fat: 49.45g (76.07%), Saturated Fat: 8.67g (54.17%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 16.41g (5.97%), Sugar: 3.09g (3.43%), Cholesterol: 77.17mg (25.72%), Sodium: 1542.08mg (67.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin B12: 10.47µg (174.48%), Vitamin K: 149.68µg (142.55%), Vitamin A: 6669.64IU (133.39%), Selenium: 54.71µg (78.15%), Copper: 1.17mg (58.57%), Zinc: 7.82mg (52.16%), Folate: 188.04µg (47.01%), Phosphorus: 395.69mg (39.57%), Vitamin C: 21.02mg (25.48%), Vitamin E: 3.55mg (23.67%), Magnesium: 84.13mg (21.03%), Calcium: 203.47mg (20.35%), Manganese: 0.41mg (20.3%), Vitamin B1: 0.29mg (19.11%), Vitamin B6: 0.36mg (17.92%), Vitamin B3: 3.42mg (17.09%), Vitamin B2: 0.28mg (16.74%), Potassium: 582.74mg (16.65%), Iron: 2.91mg (16.15%), Fiber: 2.07g (8.29%), Vitamin B5: 0.83mg (8.28%), Vitamin D: 0.32µg (2.14%)