

food
network



HEALTH SCORE

100%

Crab Salad Bites on Endive



Gluten Free



Very Healthy

READY IN



13 min.

SERVINGS



8

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings chives chopped
- ☐ 24 endive leaves
- ☐ 3 tablespoons celery greens chopped
- ☐ 3 tablespoons heavy cream
- ☐ 6 ounces lump crab meat white with your fingertips
- ☐ 0.3 cup mayonnaise
- ☐ 1 orange zest
- ☐ 3 radishes grated

- ☐ 0.3 bell pepper red finely chopped
- ☐ 8 servings salt and pepper
- ☐ 1 shallots finely chopped

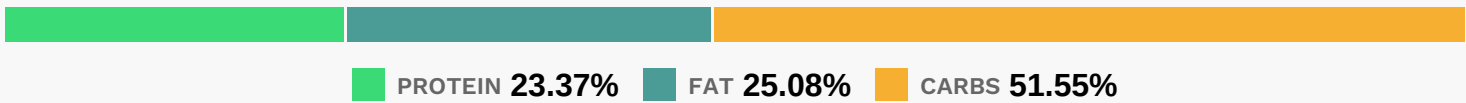
Equipment

- ☐ bowl

Directions

- ☐ Put the crab in a medium bowl, and add the bell pepper, shallot, orange zest, grated radish, celery greens, salt, and pepper.
- ☐ Combine the mayonnaise and heavy cream in a small bowl.
- ☐ Add the dressing to the crab and mix well. Using a rounded spoonful, mound the crab salad onto the root end of the endive and fill the leaves half the length of the endive. Arrange the stuffed endive on a platter and garnish with chopped parsley or chives.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:63.652174055576%

Flavonoids

Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg Apigenin: 8.7mg, Apigenin: 8.7mg, Apigenin: 8.7mg, Apigenin: 8.7mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 136.43mg, Kaempferol: 136.43mg, Kaempferol: 136.43mg, Kaempferol: 136.43mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 320.86kcal (16.04%), Fat: 10.15g (15.61%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 46.94g (15.65%), Net Carbohydrates: 4.55g (1.65%), Sugar: 4.08g (4.54%), Cholesterol: 18.23mg (6.08%), Sodium: 720.3mg (31.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.56%), Vitamin K: 3196.8µg (3044.57%), Vitamin A: 29820.24IU (596.4%), Folate: 1937.69µg (484.42%), Manganese: 5.7mg (285.12%), Fiber: 42.39g (169.56%), Potassium: 4344.08mg (124.12%), Vitamin C: 101.96mg (123.58%), Vitamin B5: 12.3mg (123.05%), Zinc: 12.03mg (80.21%), Copper: 1.55mg (77.36%), Vitamin B1: 1.1mg (73.39%), Calcium: 727.1mg (72.71%), Iron: 11.68mg (64.87%),

Vitamin B2: 1.04mg (61.46%), Magnesium: 217.3mg (54.32%), Phosphorus: 435.79mg (43.58%), Vitamin E: 6.32mg (42.15%), Vitamin B12: 1.93µg (32.18%), Vitamin B3: 5.76mg (28.8%), Vitamin B6: 0.34mg (16.78%), Selenium: 10.85µg (15.5%)