



Crab Salad in Avocado Boats

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 firm-ripe avocados ()
- 4 servings chives fresh whole
- 6 ounces surimi crab sticks shelled cooked
- 2 tablespoons green onion fresh thinly sliced finely chopped
- 2 tablespoons juice of lemon
- 0.5 teaspoon lemon zest grated
- 4 servings lemon wedges
- 2 tablespoons bell pepper red minced

- 4 servings salt and pepper
- 0.3 cup cup heavy whipping cream sour

Equipment

- bowl

Directions

- In a bowl, mix sour cream, lemon peel, and 1 tablespoon lemon juice. Gently stir in crab, chopped chives, and bell pepper.
- Add salt and pepper to taste.
- Cut avocados in half lengthwise; remove pits.
- Brush all cut surfaces of the avocados with remaining 1 tablespoon lemon juice.
- Set each avocado half, cut side up, on a salad plate; if necessary, cut a strip off the bottom of each, through peel, to balance. Mound crab salad equally in cavities.
- Garnish with anchovy fillets, lemon wedges, and whole chives.
- Add more salt and pepper to taste.

Nutrition Facts



PROTEIN 16.69% **FAT 66.4%** **CARBS 16.91%**

Properties

Glycemic Index:46.88, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:16.119130528491%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 228.57kcal (11.43%), Fat: 17.93g (27.59%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 3.31g (1.2%), Sugar: 1.62g (1.8%), Cholesterol: 49.73mg (16.58%), Sodium: 445.06mg (19.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Fiber: 6.97g (27.88%), Folate: 110.36µg (27.59%), Vitamin C: 22.74mg (27.57%), Selenium: 19.22µg (27.45%), Copper: 0.55mg (27.32%), Vitamin K: 27µg (25.72%), Vitamin B12: 1.45µg (24.1%), Vitamin E: 3.01mg (20.06%), Vitamin B5: 1.9mg (19.04%), Potassium: 642.29mg (18.35%), Vitamin B6: 0.35mg (17.61%), Phosphorus: 166.14mg (16.61%), Zinc: 2.34mg (15.61%), Vitamin B3: 3mg (15.01%), Magnesium: 48.07mg (12.02%), Vitamin B2: 0.2mg (11.92%), Vitamin A: 492.35IU (9.85%), Manganese: 0.19mg (9.6%), Calcium: 69.07mg (6.91%), Vitamin B1: 0.09mg (5.79%), Iron: 0.85mg (4.73%)