



Crab Salad in Avocado Boats

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup onion red finely chopped
- 3 tablespoons mayonnaise
- 0.5 teaspoon sriracha thai style
- 2 tablespoons cilantro leaves fresh chopped
- 3 teaspoons juice of lime fresh
- 0.5 teaspoon ground cumin
- 0.5 teaspoon lime zest
- 8 ounces lump crab meat

1 large avocado pitted ripe halved

Equipment

bowl

Directions

Stir red onion, mayonnaise, hot sauce, cilantro, 2 teaspoons lime juice, cumin and lime zest in medium bowl to blend.

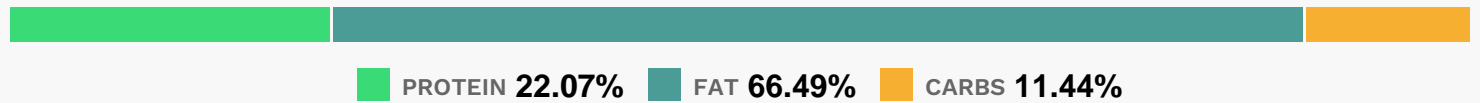
Mix in crab meat. Season salad with salt and pepper.

Brush each avocado with the remaining 1 teaspoon lime juice to prevent avocado from browning.

Mound crab salad on each avocado half.

Serve salad with lime wedges.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:27.257826086957%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Taste

Sweetness: 6.63%, Saltiness: 3.57%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 413.62kcal (20.68%), Fat: 31.31g (48.17%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.08g (2.31%), Cholesterol: 56.45mg (18.82%), Sodium: 1117.07mg (48.57%), Protein: 23.38g (46.77%), Vitamin B12: 10.23µg (170.52%), Copper: 1.26mg (62.94%), Selenium: 42.33µg (60.48%), Vitamin K: 56.78µg (54.08%), Zinc: 7.5mg (50.01%), Folate: 138.56µg (34.64%), Phosphorus: 316.68mg (31.67%), Fiber: 7.3g (29.19%), Vitamin C: 23.25mg (28.18%), Vitamin B6: 0.47mg (23.47%), Magnesium: 90.2mg (22.55%), Potassium: 783.64mg (22.39%), Vitamin E: 2.82mg (18.8%), Vitamin B5: 1.88mg (18.75%), Vitamin B3: 3.07mg (15.34%), Manganese: 0.24mg (11.93%), Vitamin B2: 0.19mg (11.47%), Iron: 1.68mg (9.31%), Vitamin B1: 0.14mg (9.08%), Calcium: 78.25mg (7.83%), Vitamin A: 227.09IU (4.54%)