



Crab Salad in Endive Leaves

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



6

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 heads belgian endive separated trimmed
- 0.3 teaspoon pepper black freshly ground
- 24 ounces crab meat picked over drained
- 2 tablespoons dijon mustard
- 6 servings chives fresh chopped for garnish
- 0.7 cup olive oil extra-virgin
- 1 teaspoon oregano dried
- 0.5 teaspoon salt

4 tablespoons citrus champagne vinegar

Equipment

bowl

whisk

Directions

Watch how to make this recipe.

Whisk the vinegar, mustard, oregano, salt and pepper in a large bowl to blend. Gradually whisk in the oil.

Add the crabmeat and toss gently to coat.

Arrange the endive spears on a platter. Spoon the crabmeat atop the endive spears.

Sprinkle with chives and serve.

Nutrition Facts


■ PROTEIN 57.92% ■ FAT 34.7% ■ CARBS 7.38%

Properties

Glycemic Index:19, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:18.286087093146%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 153.04kcal (7.65%), Fat: 5.73g (8.81%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.1g (0.12%), Cholesterol: 47.63mg (15.88%), Sodium: 1198.88mg (52.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.01%), Vitamin B12: 10.21µg (170.1%), Selenium: 43.11µg (61.59%), Copper: 1.08mg (54.11%), Zinc: 6.88mg (45.89%), Phosphorus: 269.53mg (26.95%), Folate: 71.71µg (17.93%), Magnesium: 65.13mg (16.28%), Vitamin C: 10.08mg (12.22%), Potassium: 362.92mg (10.37%), Vitamin B6: 0.2mg (10.05%), Fiber: 2.05g (8.18%), Manganese: 0.15mg (7.48%), Calcium: 72.76mg (7.28%), Vitamin K: 7.3µg (6.96%), Vitamin B3: 1.38mg (6.92%), Vitamin B1: 0.09mg (6.17%), Iron: 1.1mg (6.09%), Vitamin E: 0.77mg (5.15%), Vitamin B5: 0.5mg (4.96%), Vitamin B2: 0.07mg (4.08%), Vitamin A: 95.79IU (1.92%)