

Crab Salad Stuffed Pita Pockets

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



418 kcal

Ingredients

- 0.5 small apples finely chopped
- 300 g crabmeat white canned
- 0.3 cup coriander leaves finely chopped
- 2 tablespoons mayonnaise light
- 2 wholewheat pita breads
- 2 servings salt and pepper to taste
- 2 handfuls watercress
- 0.3 medium bell pepper yellow finely chopped

Equipment

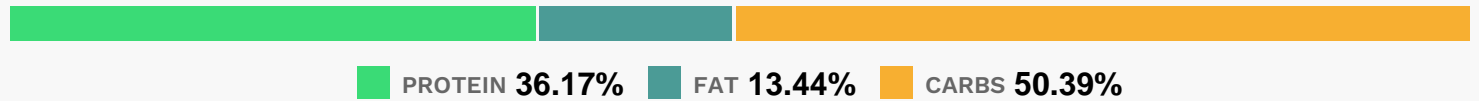
bowl

Directions

Mix crabmeat, apple and bell pepper together in a bowl. Season to taste, add coriander and fold mayonnaise through. Toast pita breads until puffed up, then cut open on one side. Stuff with some watercress, then the crab mixture.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:30.42, Inflammation Score:-10, Nutrition Score:53.347826086957%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Taste

Sweetness: 100%, Saltiness: 9.93%, Sourness: 48.29%, Bitterness: 14.21%, Savoriness: 4%, Fattiness: 43.55%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 417.83kcal (20.89%), Fat: 6.4g (9.84%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 53.99g (18%), Net Carbohydrates: 48.65g (17.69%), Sugar: 6.52g (7.25%), Cholesterol: 147.74mg (49.25%), Sodium: 1517.71mg (65.99%), Protein: 38.75g (77.5%), Vitamin K: 413.34µg (393.66%), Vitamin C: 201.98mg (244.83%), Manganese: 2.29mg (114.71%), Selenium: 73.43µg (104.9%), Copper: 1.87mg (93.64%), Vitamin B12: 5µg (83.25%), Iron: 14.23mg (79.04%), Magnesium: 277.94mg (69.49%), Calcium: 559.18mg (55.92%), Phosphorus: 557.94mg (55.79%), Potassium: 1855.53mg (53.02%), Zinc: 7.63mg (50.89%), Folate: 176.61µg (44.15%), Vitamin B3: 8.66mg (43.3%), Vitamin B2: 0.65mg (38.35%), Vitamin B1: 0.57mg (37.79%), Vitamin A: 1824.62IU (36.49%), Vitamin B6: 0.48mg (23.76%), Vitamin E: 3.45mg (22.99%), Fiber: 5.34g (21.36%), Vitamin B5: 1.78mg (17.77%)