



Crab Salad with Mango Salsa

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh roughly chopped
- ☐ 8 ounce tropical fruit cups drained 1 cup
- ☐ 1 small jalapeño minced seeded
- ☐ 0.5 juice of lime juiced
- ☐ 2 cups lettuce shredded
- ☐ 4 servings lime sliced for garnish
- ☐ 1 cup lump crab meat
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 1 scallion finely chopped
- ☐ 0.3 cup cup heavy whipping cream sour

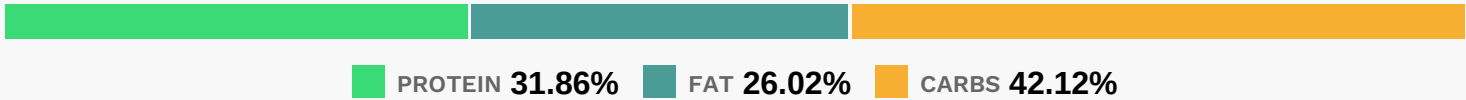
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ NOTES: You will need 4 parfait glasses or large wine glasses.
- ☐ Combine the fruit cups and remaining salsa ingredients in a bowl and set aside.;
- ☐ In each parfait glass, layer 1/2 cup shredded lettuce, 1/4 cup lump crabmeat, and 2 tablespoons sour cream. Repeat layering to use up all ingredients.
- ☐ Serve with sliced limes on top.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:10.830869565839%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 106.39kcal (5.32%), Fat: 3.19g (4.9%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 9.85g (3.58%), Sugar: 7.98g (8.86%), Cholesterol: 26.12mg (8.71%), Sodium: 362.88mg (15.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.56%), Vitamin B12: 3.81µg (63.5%), Selenium: 15.93µg (22.75%), Copper: 0.45mg (22.63%), Vitamin K: 18.9µg (18%), Zinc: 2.68mg (17.87%), Vitamin C: 13.23mg (16.03%), Phosphorus: 120.92mg (12.09%), Vitamin A: 531.9IU (10.64%), Folate: 34.8µg (8.7%), Magnesium: 29.41mg (7.35%), Fiber: 1.75g (7.02%), Potassium: 235.21mg (6.72%), Vitamin B6: 0.11mg (5.72%), Manganese: 0.1mg (4.96%), Calcium:

49.08mg (4.91%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.82mg (4.12%), Iron: 0.69mg (3.84%), Vitamin B1: 0.05mg (3.25%), Vitamin B5: 0.29mg (2.86%), Vitamin E: 0.29mg (1.92%)