



WHATSheATE



Crab Salad with Peaches and Avocados



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings arugula
- ☐ 3 medium avocados diced
- ☐ 0.3 cup celery diced finely
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 green onions finely chopped
- ☐ 1 tablespoon honey
- ☐ 0.5 jalapeno diced seeded finely
- ☐ 6 servings kosher salt and pepper white freshly ground to taste

- ☐ 5 tablespoons juice of lemon fresh divided
- ☐ 2 tablespoons lemon zest
- ☐ 1 pound lump crab meat fresh
- ☐ 1 tablespoon mayonnaise
- ☐ 1.8 lb to 6 peaches unpeeled coarsely chopped

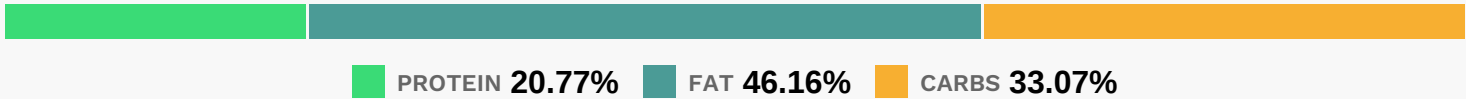
Equipment

- ☐ food processor
- ☐ whisk
- ☐ spatula

Directions

- ☐ Pick crabmeat, removing any bits of shell.
- ☐ Whisk together lemon zest, next 2 ingredients, and 1 Tbsp. lemon juice. Fold in jalapeo pepper, next 2 ingredients, and crabmeat, using a rubber spatula. Season with kosher salt and freshly ground white pepper to taste.
- ☐ Stir together peaches and remaining 4 Tbsp. lemon juice. Reserve 3 cups peach mixture. Pulse honey and remaining peach mixture in a food processor 8 to 10 times or until smooth. Season pureed peach mixture with kosher salt and freshly ground white pepper to taste.
- ☐ Spoon 1/4 cup pureed peach mixture onto a chilled plate.
- ☐ Place a 3 1/2-inch round cutter in center of peach mixture on plate. (A clean, empty tuna can with both ends removed may be used instead.) Spoon one-sixth of diced avocados and 1/2 cup reserved chopped peach mixture into cutter, packing each layer firmly and sprinkling with kosher salt and freshly ground white pepper to taste. Top with about 1/2 cup crab mixture. Carefully remove cutter from plate. Repeat procedure with remaining pureed peach mixture, avocado, chopped peach mixture, and crab mixture. Arrange desired amount of arugula around each layered salad; serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:6.98, Inflammation Score:-8, Nutrition Score:27.367391307636%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 321.54kcal (16.08%), Fat: 17.55g (27.01%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 18.41g (6.69%), Sugar: 15.46g (17.18%), Cholesterol: 32.73mg (10.91%), Sodium: 678.3mg (29.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Vitamin B12: 6.81µg (113.44%), Copper: 1.03mg (51.45%), Vitamin K: 49.52µg (47.16%), Selenium: 31.29µg (44.7%), Fiber: 9.88g (39.53%), Vitamin C: 32.4mg (39.27%), Zinc: 5.57mg (37.14%), Folate: 140.11µg (35.03%), Phosphorus: 261.69mg (26.17%), Potassium: 885.88mg (25.31%), Vitamin E: 3.27mg (21.82%), Vitamin B6: 0.44mg (21.77%), Magnesium: 86.47mg (21.62%), Vitamin B5: 1.95mg (19.54%), Manganese: 0.39mg (19.42%), Vitamin B3: 3.76mg (18.81%), Vitamin A: 908.13IU (18.16%), Vitamin B2: 0.23mg (13.38%), Iron: 2.01mg (11.18%), Vitamin B1: 0.15mg (9.72%), Calcium: 82.4mg (8.24%)