



WHATSheATE



Crab Salad with Sun-Dried Tomato Louis Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus trimmed to 5-inch lengths
- ☐ 1 cup cherry tomatoes
- ☐ 1.5 tablespoons chives fresh chopped
- ☐ 1.5 tablespoons parsley fresh chopped
- ☐ 2 large hardboiled eggs cut into wedges
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 servings lemon wedges

- ☐ 1 pound lump crab meat
- ☐ 1.3 cups mayonnaise
- ☐ 0.3 cup milk
- ☐ 0.3 cup sun-dried olives drained finely chopped
- ☐ 0.3 teaspoon hot sauce hot
- ☐ 12 cups the of 1 cos lettuce packed (from 2 heads)
- ☐ 1.5 teaspoons tomato paste
- ☐ 0.3 teaspoon worcestershire sauce

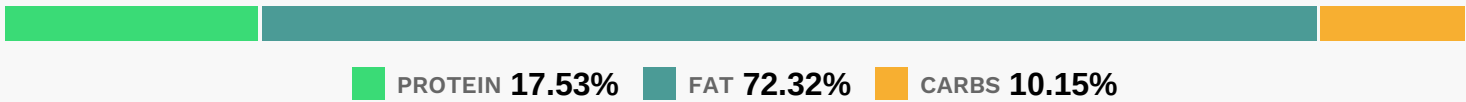
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk first 9 ingredients in medium bowl to blend. Season dressing to taste with salt and pepper.
- ☐ Cook asparagus in saucepan of boiling salted water until crisp-tender, about 3 minutes.
- ☐ Drain.
- ☐ Transfer to bowl of ice water; cool.
- ☐ Drain. (Dressing and asparagus can be made 1 day ahead. Cover; chill.)
- ☐ Place lettuce in large bowl. Toss with enough dressing to coat. Mound lettuce on plates. Top with crab.
- ☐ Garnish with asparagus, tomatoes, eggs and lemon. Pass remaining dressing separately.

Nutrition Facts



Properties

Glycemic Index:74.38, Glycemic Load:2.5, Inflammation Score:-10, Nutrition Score:44.402173767919%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 6.54mg, Isorhamnetin: 6.54mg, Isorhamnetin: 6.54mg, Isorhamnetin: 6.54mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 19.3mg, Quercetin: 19.3mg, Quercetin: 19.3mg, Quercetin: 19.3mg

Nutrients (% of daily need)

Calories: 700.31kcal (35.02%), Fat: 57.1g (87.84%), Saturated Fat: 9.55g (59.66%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 11.1g (4.03%), Sugar: 10.06g (11.18%), Cholesterol: 172.11mg (57.37%), Sodium: 1486.95mg (64.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.27%), Vitamin K: 338.17µg (322.06%), Vitamin A: 13838.87IU (276.78%), Vitamin B12: 10.65µg (177.49%), Folate: 330.83µg (82.71%), Selenium: 54.88µg (78.4%), Copper: 1.52mg (75.82%), Zinc: 8.39mg (55.92%), Phosphorus: 469.88mg (46.99%), Vitamin C: 37.37mg (45.3%), Potassium: 1315.72mg (37.59%), Iron: 6.2mg (34.46%), Manganese: 0.67mg (33.6%), Vitamin B2: 0.53mg (30.96%), Magnesium: 119.88mg (29.97%), Vitamin E: 4.35mg (29.02%), Fiber: 6.94g (27.76%), Vitamin B1: 0.41mg (27.43%), Vitamin B6: 0.49mg (24.67%), Vitamin B3: 3.96mg (19.81%), Calcium: 181.77mg (18.18%), Vitamin B5: 1.69mg (16.94%), Vitamin D: 0.86µg (5.72%)