

# Crab Sandy

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



6

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup asparagus tips frozen thawed
- 1 avocado diced
- 8 ounce crab meat fresh
- 1 hardboiled egg diced
- 2 cucumbers english sliced into pieces
- 2 tablespoons parsley leaves fresh chopped
- 1 tablespoon hot sauce
- 0.5 lemon zest juiced

- 6 servings salt and pepper black freshly ground
- 3 tablespoons thousand island dressing

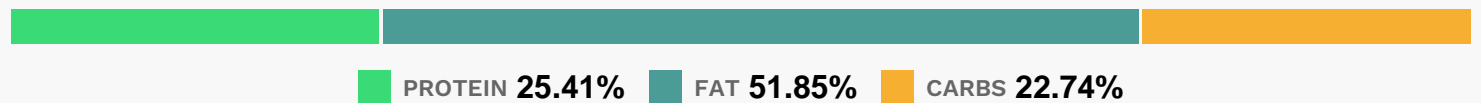
## Equipment

- bowl
- melon baller

## Directions

- Watch how to make this recipe.
- Using a melon baller, scoop out the center of each cucumber slice to form a small bowl. Finely chop the cucumber centers and put them into a large bowl.
- Add all of the remaining ingredients and gently toss.
- Spoon about a tablespoon of the crab mixture into each cucumber cup. Arrange them on a platter and serve.

## Nutrition Facts



## Properties

Glycemic Index:22.67, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:16.096956740255%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

## Nutrients (% of daily need)

Calories: 149.26kcal (7.46%), Fat: 9g (13.85%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 5.48g (1.99%), Sugar: 3.68g (4.09%), Cholesterol: 49.04mg (16.35%), Sodium: 466.15mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Vitamin B12: 3.49µg (58.24%), Vitamin K: 60.36µg (57.49%), Copper: 0.5mg (25.04%), Selenium: 17.4µg (24.86%), Zinc: 2.91mg (19.41%), Vitamin C: 14.09mg

(17.07%), Folate: 68.29µg (17.07%), Phosphorus: 153.54mg (15.35%), Vitamin B1: 0.22mg (14.71%), Fiber: 3.41g (13.63%), Potassium: 463.39mg (13.24%), Magnesium: 46.86mg (11.71%), Vitamin B6: 0.22mg (10.95%), Vitamin B5: 1.04mg (10.45%), Vitamin B2: 0.18mg (10.31%), Vitamin A: 508.66IU (10.17%), Manganese: 0.2mg (9.82%), Vitamin E: 1.4mg (9.31%), Iron: 1.47mg (8.14%), Vitamin B3: 1.38mg (6.9%), Calcium: 51.42mg (5.14%), Vitamin D: 0.18µg (1.22%)