



WHATSheATE



Crab, Shrimp, and Mango Salad with Yuzu Vinaigrette



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces baby arugula packed (2 qts. lightly)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 pound surimi crab sticks shelled cooked (or use all shrimp)
- ☐ 1 teaspoon ginger fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 lemon zest shredded finely
- ☐ 4 lime zest shredded minced finely

- ☐ 2 firm-ripe mangoes
- ☐ 4 servings soy-ginger mayo
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil fruity extra-virgin
- ☐ 4 servings salad
- ☐ 0.5 pound tiny shrimp cooked peeled
- ☐ 1 teaspoon soya sauce
- ☐ 4 servings yuzu vinaigrette
- ☐ 1.5 tablespoons yuzu juice drink fresh (regular)

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Make vinaigrette: In a medium bowl, combine zest, juice, salt, and pepper. Gradually whisk in olive oil. Set aside.
- ☐ Make mayo: In a small bowl, stir together all ingredients. Chill until used.
- ☐ Cut cheeks from mangoes, peel fruit, and thinly slice crosswise.
- ☐ Cut remaining fruit from pits, peel, and thinly slice.
- ☐ In a medium bowl, stir crab and shrimp with 2 tbsp. vinaigrette to blend.
- ☐ In another bowl, gently mix mangoes and arugula with remaining vinaigrette. Spoon salad onto plates and top with crab mixture.
- ☐ Sprinkle with lime leaves.
- ☐ Serve mayo on the side to dot over salads.
- ☐ *Buy shelled crab from a good fish market, or shell your own meat from a 1 3/4-lb. cooked crab (less pricey). Look for sustainable, wild Oregon pink shrimp. Find kaffir lime leaves at Asian markets.

Nutrition Facts



Properties

Glycemic Index:67.81, Glycemic Load:7.51, Inflammation Score:-9, Nutrition Score:24.776087214117%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.42mg, Kaempferol: 12.42mg, Kaempferol: 12.42mg, Kaempferol: 12.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 449.5kcal (22.47%), Fat: 31.83g (48.97%), Saturated Fat: 4.82g (30.11%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 16.72g (6.08%), Sugar: 15.1g (16.77%), Cholesterol: 155.8mg (51.93%), Sodium: 781.18mg (33.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.52%), Vitamin K: 88.32µg (84.11%), Vitamin C: 56.94mg (69.01%), Vitamin A: 2432.31IU (48.65%), Copper: 0.85mg (42.68%), Selenium: 25.75µg (36.79%), Vitamin E: 4.82mg (32.12%), Vitamin B12: 1.92µg (31.92%), Folate: 124.12µg (31.03%), Phosphorus: 310.2mg (31.02%), Zinc: 3.31mg (22.05%), Potassium: 693.1mg (19.8%), Magnesium: 73.46mg (18.37%), Calcium: 165.4mg (16.54%), Manganese: 0.32mg (15.86%), Vitamin B6: 0.28mg (13.78%), Vitamin B3: 2.64mg (13.22%), Vitamin B5: 1.02mg (10.2%), Iron: 1.7mg (9.42%), Fiber: 2.33g (9.31%), Vitamin B2: 0.15mg (8.79%), Vitamin B1: 0.07mg (4.88%)