



 **100%**  
HEALTH SCORE

## Crab Stacks

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**3**

CALORIES



**730 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 crabs shelled
- 1 cup quinoa
- 1 cup orange juice
- 1 cup chicken stock see
- 1 mangos diced pitted
- 1 pepper flakes diced seeded
- 1 avocado diced seeded
- 1 lime

- 1 roma tomatoes diced
- 1 tablespoon cilantro leaves chopped
- 1 tablespoon spring onion chopped
- 1 garlic clove minced
- 3 servings salmon fresh diced (OPTIONAL)

## Equipment

- sauce pan

## Directions

- COMBINE THE QUINOA, OJ AND STOCK IN A SAUCEPAN. COOK OVER MEDIUM HIGH HEAT UNTIL ALL LIQUID HAS BEEN ABSORBED. REMOVE FROM HEAT AND SET ASIDE.
- CUT THE LIME INTO QUARTERS.
- COMBINE THE MANGO AND FRESNO CHILE. SQUEEZE A 1/4 OF THE LIME OVER THE MIXTURE AND MIX TO COMBINE.
- COMBINE THE TOMATO, CILANTRO, GREEN ONION AND GARLIC. SQUEEZE 1/4 OF THE LIME OVER THE MIXTURE AND STIR TO COMBINE.
- USING A ROUND MOLD, SPOON SOME OF THE PREPARED QUINOA INTO THE BOTTOM. IF USING THE SALMON- SPOON IN A LAYER OF THE SALMON.- OTHERWISE USE CRAB. TOP WITH A LAYER OF THE TOMATO MIXTURE, THEN AVOCADO.
- TOP WITH A THIN LAYER OF THE QUINOA, THEN CRAB, FOLLOWED BY AVOCADO, THE MANGO MIXTURE AND MORE CRAB AND FINALLY TOPPED WITH A BIT MORE MANGO MIXTURE.
- PRESS DOWN AND THEN REMOVE THE MOLDS.
- GARNISH WITH PICKLED GINGER AND RADISHES AND USE THE REMAINING 1/2 LIME TO SQUEEZE OVER THE STACKS. SERVE COLD.

## Nutrition Facts



PROTEIN **30.59%**  FAT **31.89%**  CARBS **37.52%**

## Properties

Glycemic Index:117.58, Glycemic Load:11.04, Inflammation Score:-10, Nutrition Score:56.011739130435%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 19.48mg, Hesperetin: 19.48mg, Hesperetin: 19.48mg, Hesperetin: 19.48mg Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Taste

Sweetness: 81.29%, Saltiness: 100%, Sourness: 68.47%, Bitterness: 35.74%, Savoriness: 73.3%, Fattiness: 67.26%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 729.84kcal (36.49%), Fat: 26.14g (40.22%), Saturated Fat: 3.93g (24.53%), Carbohydrates: 69.2g (23.07%), Net Carbohydrates: 58.3g (21.2%), Sugar: 19.88g (22.09%), Cholesterol: 127.96mg (42.65%), Sodium: 361.9mg (15.73%), Protein: 56.41g (112.82%), Vitamin B12: 10.3µg (171.6%), Vitamin C: 106.82mg (129.48%), Selenium: 89.87µg (128.38%), Vitamin B6: 2.2mg (110%), Vitamin B3: 19.52mg (97.62%), Phosphorus: 795.77mg (79.58%), Folate: 293.14µg (73.29%), Copper: 1.46mg (73%), Manganese: 1.45mg (72.34%), Vitamin B2: 1.15mg (67.49%), Potassium: 2164.86mg (61.85%), Magnesium: 231.75mg (57.94%), Vitamin B1: 0.81mg (53.91%), Vitamin B5: 4.79mg (47.85%), Fiber: 10.9g (43.6%), Zinc: 5.93mg (39.52%), Vitamin A: 1492.11IU (29.84%), Iron: 5.36mg (29.76%), Vitamin E: 3.73mg (24.85%), Vitamin K: 25.65µg (24.43%), Calcium: 114.03mg (11.4%)