



Crab Tacos

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado thinly sliced
- ☐ 8 ounces crabmeat shelled cooked
- ☐ 0.5 cup cilantro leaves fresh divided
- ☐ 1 large garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 cup lettuce thinly sliced
- ☐ 2 large jalapeno divided halved seeded sliced
- ☐ 40 servings pepper black freshly ground

- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 4 roma tomatoes halved seeded sliced
- ☐ 1 cup cheddar cheese shredded
- ☐ 8 taco shells (see Notes)

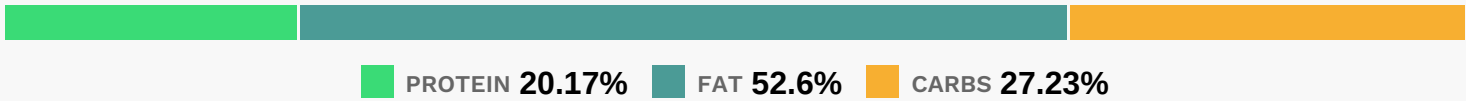
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Put tomatoes, garlic, half of the jalapeo, 1/4 cup cilantro, and the lime juice in a food processor and pulse a few times to chop.
- ☐ Add salt and pepper to taste. Set salsa aside.
- ☐ In a large skillet, heat oil over medium heat. Saut onion and remaining jalapeo until soft, 4 minutes.
- ☐ Add crab and cook just until crab is warm, about 2 minutes.
- ☐ Put taco shells or tortillas on a baking pan and warm in oven, about 3 minutes. Arrange on a platter and fill with crab mixture, dividing evenly. Top crab with lettuce, cheese, and avocado.
- ☐ Sprinkle tacos with green onion and remaining 1/4 cup cilantro.
- ☐ Serve immediately, with salsa on the side or on top.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:2.4391304403543%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 39.84kcal (1.99%), Fat: 2.39g (3.68%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.43g (0.47%), Cholesterol: 8.32mg (2.77%), Sodium: 59.37mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Selenium: 3.4µg (4.86%), Vitamin K: 4.55µg (4.34%), Phosphorus: 37.78mg (3.78%), Vitamin C: 3.1mg (3.76%), Vitamin B12: 0.22µg (3.65%), Copper: 0.07mg (3.37%), Calcium: 30.94mg (3.09%), Folate: 11.89µg (2.97%), Fiber: 0.7g (2.8%), Zinc: 0.41mg (2.76%), Manganese: 0.05mg (2.7%), Vitamin A: 125.28IU (2.51%), Vitamin E: 0.33mg (2.23%), Potassium: 74.38mg (2.13%), Vitamin B6: 0.04mg (2.1%), Magnesium: 7.82mg (1.96%), Vitamin B2: 0.03mg (1.77%), Vitamin B3: 0.35mg (1.74%), Vitamin B5: 0.15mg (1.55%), Vitamin B1: 0.02mg (1.06%)