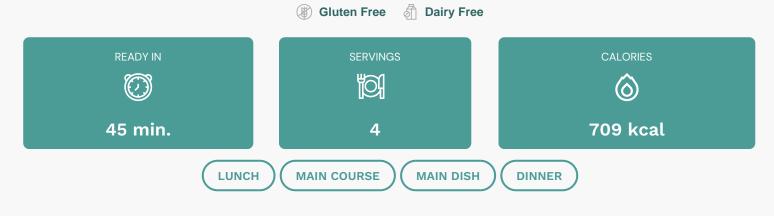


Crab with Cantaloupe and Caviar – Sea Salad



Ingredients

2 avocados peeled seeded sliced
O.3 cup canola oil
1 tuscan cantaloupe peeled seeded cut into chunks
1 ounce caviar (Sturgeon royal)
2 tablespoons champagne vinegar
1 bunch chives chopped
2 pounds crab meat fresh shelled cooked
1 teaspoon dijon mustard

	O.3 cup olive oil extra virgin
	2 tablespoons mayonnaise
	4 servings salt and pepper black freshly ground
	4 servings sea salt and pepper black freshly ground fine
	1 teaspoon shallots minced
Eq	uipment
	bowl
	whisk
	mixing bowl
	blender
Directions	
	To make the vinaigrette, whisk together the vinegar, shallot, and mustard in a bowl. Slowly pour in the oils, whisking until emulsified. Season with salt and pepper.
	Squeeze any excess water out of the crabmeat.
	Place the crab in a mixing bowl with the mayonnaise, vinaigrette, and chives, and season with salt and pepper.
	Mix together well and set aside. Purée the cantaloupe in a blender.
	For each serving, place 2 tablespoons of the cantaloupe purée in the center of the plate.
	Place a ring mold on top and fill with a layer of sliced avocado and then crab.
	Place a dollop of caviar on top of the crab to complete.
	Taste
	Book, using the USDA Nutrition Database
	Mixt Greens. Partnering with his sister and brother-in-law, Leslie and David Silverglide, the team launched the San Francisco Bay Area's greenest restaurant in 200
	Mixt has since expanded to multiple locations across the country while still preserving its gutsy approach to salads, maintaining ecologically sound business practices, and retaining its original mandate of environmental sustainability. Swallow's home base is in San Francisco.

Nutrition Facts

Properties

Glycemic Index:82.13, Glycemic Load:7.67, Inflammation Score:-10, Nutrition Score:47.189130492832%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 708.72kcal (35.44%), Fat: 50.76g (78.09%), Saturated Fat: 6.67g (41.72%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 12.52g (4.55%), Sugar: 11.65g (12.95%), Cholesterol: 264.61mg (88.2%), Sodium: 1490.81mg (64.82%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 45.67g (91.34%), Selenium: 105.3µg (150.42%), Vitamin B12: 8.98µg (149.64%), Copper: 2.17mg (108.49%), Vitamin A: 4932.65IU (98.65%), Vitamin E: 11.09mg (73.92%), Zinc: 9.99mg (66.6%), Phosphorus: 636.27mg (63.63%), Folate: 221.63µg (55.41%), Vitamin K: 57.55µg (54.81%), Vitamin B3: 8.97mg (44.84%), Vitamin B5: 4.07mg (40.73%), Vitamin C: 33.24mg (40.29%), Magnesium: 151.83mg (37.96%), Potassium: 1317.94mg (37.66%), Vitamin B6: 0.7mg (34.75%), Fiber: 7.98g (31.93%), Calcium: 254.28mg (25.43%), Vitamin B2: 0.43mg (25.09%), Manganese: 0.41mg (20.53%), Iron: 3.24mg (18%), Vitamin B1: 0.2mg (13.66%), Vitamin D: 0.22µg (1.46%)