



Crab with Cantaloupe and Caviar – Sea Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados peeled seeded sliced
- ☐ 0.3 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

- ☐ 0.3 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

Equipment

- ☐ 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

PROTEIN 25.32% FAT 63.32% CARBS 11.36%

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 Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg 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 %: 0% (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%)