



WHATSheATE



Crabmeat, Apple, and Mango Salad on Cumin Apple Chips



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings apples
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 large garlic clove chopped
- ☐ 1 medium apples i use 2 granny smith apples cut into 1/4-inch dice
- ☐ 1 lb lump crab meat
- ☐ 0.5 large mangos pitted peeled cut into 1/4-inch dice (1/2 cup)

- ☐ 0.7 cup olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons shallots chopped

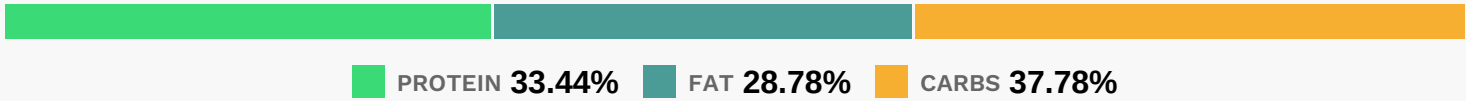
Equipment

- ☐ blender

Directions

- ☐ Purée apple, shallot, and garlic with vinegar and salt in a blender, scraping down sides several times, until very smooth. With motor running, add oil in a slow stream, then blend until emulsified and very smooth, about 30 seconds.
- ☐ Gently stir together crab, mango, apple, cilantro, and 6 tablespoons dressing, then season with salt.
- ☐ Just before serving, put 1 apple chip on each of 6 plates and top each chip with about 3 tablespoons crab salad.
- ☐ Layer with another chip and another 3 tablespoons crab salad, then top each stack with 1 more chip.
- ☐ Drizzle plates with some of remaining dressing and serve immediately.
- ☐ Dressing may be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:41.29, Glycemic Load:4.79, Inflammation Score:-5, Nutrition Score:15.154782595842%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.99mg, Epicatechin: 6.99mg, Epicatechin: 6.99mg, Epicatechin: 6.99mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg,

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Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.14mg, Kaempferol: 0.14mg,
Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:
0.02mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 168.96kcal (8.45%), Fat: 5.49g (8.44%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 16.2g (5.4%), Net
Carbohydrates: 13.56g (4.93%), Sugar: 12.31g (13.68%), Cholesterol: 31.75mg (10.58%), Sodium: 925.03mg (40.22%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.69%), Vitamin B12: 6.8µg (113.4%), Selenium: 27.75µg
(39.64%), Copper: 0.75mg (37.41%), Zinc: 4.58mg (30.51%), Vitamin C: 16.5mg (20%), Phosphorus: 181.78mg
(18.18%), Folate: 45.17µg (11.29%), Magnesium: 44.72mg (11.18%), Fiber: 2.65g (10.58%), Vitamin B6: 0.19mg (9.55%),
Potassium: 304.06mg (8.69%), Vitamin K: 8.45µg (8.04%), Vitamin E: 1.04mg (6.92%), Vitamin A: 315.08IU (6.3%),
Vitamin B3: 1.05mg (5.26%), Manganese: 0.1mg (5.24%), Calcium: 45.55mg (4.56%), Vitamin B2: 0.07mg (3.87%),
Iron: 0.69mg (3.83%), Vitamin B1: 0.06mg (3.78%), Vitamin B5: 0.37mg (3.73%)