



Cracked Crab Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups celery thinly sliced
- ☐ 4 dungeness crabs cleaned cooked (2 lb. each)
- ☐ 2 teaspoons basil fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup green onions thinly sliced (1 bunch, including tops)
- ☐ 8 servings coarse-ground pepper black
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup olive oil extra-virgin

- ☐ 0.5 cup parsley chopped
- ☐ 0.5 cup red wine vinegar
- ☐ 8 servings salt
- ☐ 0.5 teaspoon worcestershire

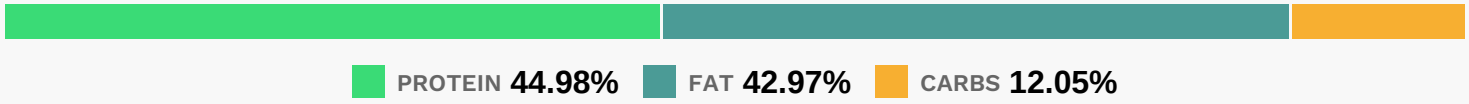
Equipment

- ☐ bowl

Directions

- ☐ Rinse crabs under cool running water to remove any bits of loose shell; pat dry and put in a large bowl.
- ☐ In a medium bowl, mix olive oil, vinegar, lemon juice, green onions, parsley, garlic, basil, oregano, thyme, and Worcestershire. Stir in celery and add salt and pepper to taste.
- ☐ Pour vinaigrette over crabs and mix gently to coat. Cover and chill at least 2 hours or up to 1 day, gently mixing once or twice.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:19.654782761698%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.84mg, Apigenin: 8.84mg, Apigenin: 8.84mg, Apigenin: 8.84mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 135.25kcal (6.76%), Fat: 6.33g (9.73%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 2.98g (1.08%), Sugar: 0.91g (1.01%), Cholesterol: 48.08mg (16.03%), Sodium: 465.17mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.8%), Vitamin B12: 7.34µg (122.25%), Vitamin K: 98.23µg

(93.55%), Selenium: 30.72µg (43.88%), Copper: 0.59mg (29.39%), Zinc: 3.64mg (24.3%), Vitamin C: 15.47mg (18.75%), Phosphorus: 166.97mg (16.7%), Folate: 60.51µg (15.13%), Vitamin B3: 2.79mg (13.94%), Vitamin A: 652.48IU (13.05%), Potassium: 438.6mg (12.53%), Magnesium: 46.41mg (11.6%), Vitamin B2: 0.17mg (10.03%), Vitamin B6: 0.18mg (9.11%), Manganese: 0.18mg (9.01%), Calcium: 69.78mg (6.98%), Vitamin E: 0.96mg (6.38%), Iron: 1.03mg (5.7%), Fiber: 1.01g (4.05%), Vitamin B1: 0.06mg (4.01%), Vitamin B5: 0.4mg (3.97%)