



Deviled Crab Louis



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings chives fresh whole
- ☐ 1 pound surimi crab sticks shelled cooked
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 large hard-cooked eggs shelled cut into 4 wedges
- ☐ 2 quarts iceberg lettuce shredded finely (use half romaine and half iceberg or all 1 kind)
- ☐ 8 iceberg lettuce leaves rinsed (10 in. long)
- ☐ 4 servings lemon wedges
- ☐ 0.3 cup parsley chopped

- ☐ 1 head belgian endive white red separated rinsed (or ; 3 oz.)
- ☐ 4 servings salt and pepper
- ☐ 4 servings deviled louis dressing
- ☐ 2 firm-ripe tomatoes cored rinsed cut into 8 wedges ()

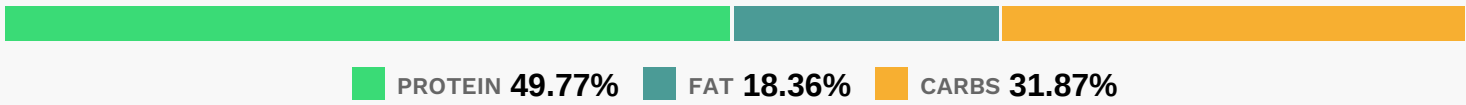
Equipment

- ☐ bowl

Directions

- ☐ Line dinner plates or wide bowls equally with whole lettuce leaves, then Belgian endive leaves.
- ☐ In a large bowl, combine shredded lettuce and parsley.
- ☐ Add 2/3 cup deviled Louis dressing and mix gently. Divide equally among lettuce-lined plates.
- ☐ Remove and discard any bits of shell from crab. Mound crab in center of shredded lettuce mixture; arrange tomato and egg wedges around edges.
- ☐ Sprinkle salads with chopped chives and garnish with whole chives. Offer remaining dressing, salt and pepper, and lemon wedges to season salads to taste.

Nutrition Facts



Properties

Glycemic Index:62.38, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:37.092173783675%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 221.11kcal (11.06%), Fat: 4.71g (7.24%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 11.16g (4.06%), Sugar: 11.85g (13.17%), Cholesterol: 203.66mg (67.89%), Sodium: 926.17mg (40.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.72g (57.44%), Vitamin K: 190.65µg (181.57%), Selenium: 56.94µg (81.35%), Vitamin A: 3529.65IU (70.59%), Vitamin B12: 4.05µg (67.58%), Folate: 233.3µg (58.32%), Copper: 1.1mg (55.09%), Phosphorus: 428.6mg (42.86%), Vitamin C: 33.21mg (40.26%), Manganese: 0.8mg (40.12%), Zinc: 5.5mg (36.66%), Potassium: 1218.6mg (34.82%), Fiber: 7.23g (28.93%), Vitamin E: 3.62mg (24.15%), Vitamin B6: 0.48mg (23.75%), Vitamin B2: 0.38mg (22.27%), Magnesium: 88.7mg (22.17%), Calcium: 220.36mg (22.04%), Vitamin B3: 4.19mg (20.95%), Vitamin B5: 2.03mg (20.25%), Vitamin B1: 0.28mg (18.67%), Iron: 3.35mg (18.62%), Vitamin D: 0.55µg (3.67%)