



 **73%**
HEALTH SCORE

Dungeness Crab and Winter Citrus Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces daikon sprouts rinsed ends trimmed drained
- 2.3 cups crabs shelled cooked
- 2 cups fat-skimmed chicken broth
- 2 ruby grapefruit
- 0.3 cup pickled ginger sliced
- 8 oz bell pepper red stemmed rinsed seeded finely chopped
- 6 tablespoons rice vinegar
- 1 tablespoon sugar

- 6 servings sesame cream dressing
- 1 cup rice long-grain white

Equipment

- bowl
- frying pan
- knife

Directions

- In a 1 1/2- to 2-quart pan, combine rice and broth. Bring to a boil over high heat, then reduce heat to very low, cover pan, and cook until liquid is absorbed and rice is just tender to bite, about 20 minutes.
- Meanwhile, in a wide bowl, mix rice vinegar with sugar. When rice is cooked, spoon it at once into bowl; mix with a fork.
- Let stand until lukewarm or cooler, about 30 minutes. Sliver 1/3 cup pickled ginger and add, along with bell pepper, to rice mixture. Stir with a fork to loosen rice grains and mix.
- As rice mixture cools, with a sharp knife, cut peel and outer membrane from grapefruit, then cut between segments and inner membranes to release fruit; drop into a bowl. Discard peel and membranes. Sort through crab and remove and discard any bits of shell.
- Mound rice mixture equally on dinner plates; top with crab and grapefruit segments. Spoon juice from grapefruit segments and the Sesame Cream Dressing evenly over salads; garnish with daikon sprouts and pickled ginger slices.

Nutrition Facts

 **PROTEIN 33.34%** **FAT 10.5%** **CARBS 56.16%**

Properties

Glycemic Index:45.13, Glycemic Load:17.2, Inflammation Score:-9, Nutrition Score:24.350434769755%

Flavonoids

Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 8.27mg, Kaempferol: 8.27mg, Kaempferol: 8.27mg, Kaempferol: 8.27mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 245.51kcal (12.28%), Fat: 2.82g (4.35%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 32.41g (11.79%), Sugar: 4.45g (4.95%), Cholesterol: 52.35mg (17.45%), Sodium: 588.57mg (25.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.36%), Vitamin B12: 8.14µg (135.6%), Vitamin C: 65.37mg (79.24%), Selenium: 39.72µg (56.75%), Copper: 0.76mg (38.24%), Zinc: 4.5mg (29.98%), Manganese: 0.6mg (29.77%), Vitamin A: 1421.25IU (28.43%), Phosphorus: 263.88mg (26.39%), Vitamin B3: 5.26mg (26.3%), Folate: 98.3µg (24.58%), Vitamin B6: 0.44mg (21.78%), Magnesium: 75.8mg (18.95%), Potassium: 548.81mg (15.68%), Vitamin B2: 0.26mg (15.11%), Vitamin B5: 1.15mg (11.48%), Vitamin B1: 0.13mg (8.97%), Calcium: 79.4mg (7.94%), Iron: 1.26mg (7.02%), Fiber: 1.57g (6.29%), Vitamin E: 0.72mg (4.82%), Vitamin K: 2.46µg (2.34%)