



Dungeness Crab-Asparagus Salad with Orange Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 0.5 cup green onion thinly sliced
- ☐ 0.8 pound lump crab meat fresh drained
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt

- ☐ 0.1 teaspoon pepper white freshly ground
- ☐ 2 tablespoons citrus champagne vinegar

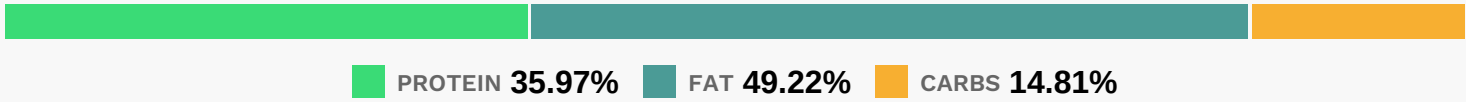
Equipment

- ☐ bowl

Directions

- ☐ Snap off and discard tough ends of asparagus. Cook asparagus in boiling water to cover 2 to 3 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Combine orange rind and next 5 ingredients in a medium bowl.
- ☐ Drizzle about half of dressing over asparagus, and toss well. Arrange asparagus in center of each of 4 plates.
- ☐ Add crabmeat and green onion to remaining dressing, and toss well. Spoon crabmeat mixture evenly on top of asparagus.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:24.901304410852%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 17.24mg, Quercetin: 17.24mg, Quercetin: 17.24mg, Quercetin: 17.24mg

Nutrients (% of daily need)

Calories: 202.09kcal (10.1%), Fat: 11.21g (17.25%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 4.8g (1.75%), Sugar: 4.16g (4.62%), Cholesterol: 35.72mg (11.91%), Sodium: 861.64mg (37.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.87%), Vitamin B12: 7.65µg (127.57%), Vitamin K:

79.39µg (75.61%), Copper: 1.02mg (50.98%), Selenium: 33.67µg (48.09%), Zinc: 5.74mg (38.24%), Vitamin C: 25.38mg (30.76%), Folate: 110.67µg (27.67%), Phosphorus: 254.12mg (25.41%), Vitamin A: 1044.71IU (20.89%), Vitamin E: 2.87mg (19.14%), Iron: 3.26mg (18.11%), Magnesium: 62.74mg (15.68%), Vitamin B1: 0.22mg (14.97%), Potassium: 482.03mg (13.77%), Vitamin B2: 0.21mg (12.53%), Vitamin B6: 0.25mg (12.36%), Manganese: 0.24mg (11.92%), Fiber: 2.79g (11.16%), Vitamin B3: 2.2mg (10.98%), Calcium: 78.82mg (7.88%), Vitamin B5: 0.66mg (6.58%)