



HEALTH SCORE

100%

Dungeness Crab Guacamole with Endive



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



3

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound crab meat
- 2 heads endive trimmed
- 6 tablespoons cilantro leaves fresh finely chopped
- 3 medium garlic clove
- 2 medium haas avocados ripe
- 1 medium jalapeno seeds removed, and finely chopped
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lime freshly squeezed

- 1 teaspoon olive oil extra virgin extra-virgin
- 1 medium plum tomatoes seeded finely chopped
- 0.3 cup onion red finely chopped

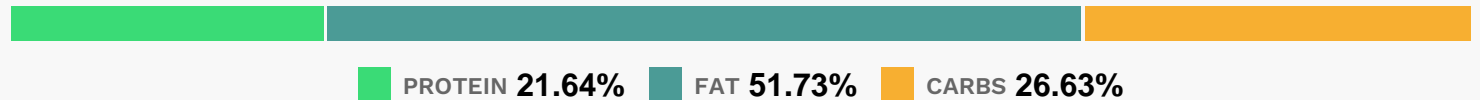
Equipment

- bowl

Directions

- Halve avocados, remove pits and skins, and coarsely chop.
- Place in a molcajete or bowl and add roasted garlic. Mash until only small chunks remain.
- Add roasted jalapeño, crabmeat, onion, tomato, 4 tablespoons of the cilantro, lime juice, and salt and stir until just combined.
- Place endive leaves on a serving plate and dollop each with guacamole.
- Combine remaining 2 tablespoons cilantro and olive oil in a small bowl, season with salt, and stir until thoroughly mixed.
- Drizzle oil on top of each endive leaf and garnish with a garlic chip, if using.

Nutrition Facts



Properties

Glycemic Index:81.33, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:48.827390919561%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 30.41mg, Kaempferol: 30.41mg, Kaempferol: 30.41mg, Kaempferol: 30.41mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 358.25kcal (17.91%), Fat: 22.18g (34.13%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 6.69g (2.43%), Sugar: 3.14g (3.49%), Cholesterol: 31.75mg (10.58%), Sodium: 1097.78mg (47.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.76%), Vitamin K: 727.08µg (692.46%), Folate: 576.28µg (144.07%), Vitamin A: 6996.76IU (139.94%), Vitamin B12: 6.8µg (113.4%), Manganese: 1.58mg (78.92%), Fiber: 19.01g (76.03%), Copper: 1.28mg (64.1%), Vitamin C: 51.7mg (62.66%), Potassium: 1854.13mg (52.98%), Zinc: 7.84mg (52.25%), Vitamin B5: 4.91mg (49.1%), Selenium: 29.18µg (41.69%), Phosphorus: 335.66mg (33.57%), Magnesium: 126.98mg (31.74%), Vitamin E: 4.61mg (30.74%), Vitamin B6: 0.61mg (30.6%), Vitamin B2: 0.45mg (26.39%), Vitamin B1: 0.39mg (25.8%), Vitamin B3: 4.61mg (23.03%), Calcium: 220.17mg (22.02%), Iron: 3.85mg (21.41%)