



 **53%**  
HEALTH SCORE

## Spicy Lump Crab and Avocado Salad

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**508 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 avocado
- 0.5 large bell pepper red chopped
- 0.5 large bell pepper red chopped
- 3 Tablespoons parsley fresh chopped
- 2 Tablespoons juice of lemon fresh
- 1 pound lump crab meat
- 3 Tablespoons mayonnaise
- 4 servings salt and pepper to taste

- 2 spring onion chopped
- 3 Tablespoons sriracha
- 1 Tablespoon worcestershire sauce

## Equipment

- bowl

## Directions

- In a small bowl, combine the mayonnaise, chile sauce, worcestershire sauce, lemon juice, salt and pepper. Stir to combine and set aside. In a medium bowl, carefully toss together the crabmeat, scallions, bell pepper and parsley being careful to not break up the lumps of crab. Lightly fold in the spicy sauce. Slice the avocados in half and remove the pit. Slice a small amount from the bottom of the avocado half so it will sit flat on a plate.
- Pour or brush the lemon juice over the entire cut surface of the avocado to avoid browning. (You can remove the avocado from the skin with a spoon and serve that way but be sure to cover the entire avocado flesh with lemon juice before serving.)
- Place avocado halves on a plate and fill with the crab salad.
- Serve immediately. Note: The salad can be made a few hours in advance and chilled until ready to serve.

## Nutrition Facts



PROTEIN 19.13% FAT 64.53% CARBS 16.34%

## Properties

Glycemic Index:54.5, Glycemic Load:2.14, Inflammation Score:-9, Nutrition Score:42.198260869565%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin:

O.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Taste

Sweetness: 10.92%, Saltiness: 5%, Sourness: 18.64%, Bitterness: 13.23%, Savoriness: 1.29%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 507.91kcal (25.4%), Fat: 38.29g (58.91%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 7.18g (2.61%), Sugar: 4.01g (4.46%), Cholesterol: 52.04mg (17.35%), Sodium: 1539.84mg (66.95%), Protein: 25.54g (51.08%), Vitamin B12: 10.22µg (170.31%), Vitamin K: 123.23µg (117.36%), Vitamin C: 96.38mg (116.83%), Copper: 1.46mg (72.92%), Folate: 242.92µg (60.73%), Selenium: 42.43µg (60.62%), Fiber: 14.63g (58.54%), Zinc: 8.23mg (54.87%), Vitamin B6: 0.83mg (41.6%), Potassium: 1383.78mg (39.54%), Vitamin A: 1943.35IU (38.87%), Phosphorus: 373.91mg (37.39%), Vitamin E: 5.23mg (34.9%), Vitamin B5: 3.37mg (33.74%), Magnesium: 123.08mg (30.77%), Vitamin B3: 5.28mg (26.39%), Vitamin B2: 0.37mg (21.72%), Manganese: 0.39mg (19.62%), Vitamin B1: 0.22mg (14.72%), Iron: 2.53mg (14.04%), Calcium: 94.35mg (9.44%)