



Green Zebra Tomato and Crab Stacks

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 pound crab meat
- ☐ 2 teaspoons extravirgin olive oil
- ☐ 1 tablespoon fresh tarragon fresh minced
- ☐ 0.3 teaspoon sea salt divided fine
- ☐ 1 tablespoon shallots minced
- ☐ 6 inch tomatoes green
- ☐ 2.5 tablespoons balsamic vinegar white

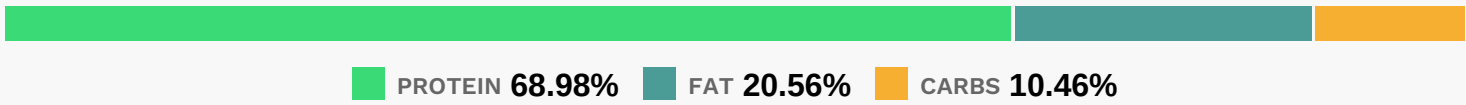
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a bowl, stirring well with a whisk.
- ☐ Add crabmeat; toss gently to coat.
- ☐ Place one tomato slice on each of 6 plates; sprinkle evenly with 1/8 teaspoon salt and 1/8 teaspoon pepper. Divide crab mixture evenly over tomatoes. Arrange remaining tomato slices over crab mixture; sprinkle evenly with remaining 1/8 teaspoon salt and remaining 1/8 teaspoon pepper.
- ☐ Garnish with tarragon springs, if desired.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:1.02, Inflammation Score:0, Nutrition Score:13.010869471923%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 86.46kcal (4.32%), Fat: 1.88g (2.89%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.2g (1.33%), Cholesterol: 31.75mg (10.58%), Sodium: 731.53mg (31.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Vitamin B12: 6.8µg (113.4%), Selenium: 27.59µg (39.42%), Copper: 0.71mg (35.54%), Zinc: 4.56mg (30.41%), Phosphorus: 172.22mg (17.22%), Magnesium: 42.67mg (10.67%), Folate: 37.42µg (9.36%), Vitamin C: 6.36mg (7.7%), Vitamin B6: 0.15mg (7.48%), Manganese: 0.15mg (7.34%), Potassium: 209.65mg (5.99%), Calcium: 51.18mg (5.12%), Iron: 0.91mg (5.08%), Vitamin B3: 0.96mg (4.78%), Vitamin B2: 0.05mg (2.89%), Vitamin B5: 0.27mg (2.73%), Vitamin B1: 0.04mg (2.5%), Vitamin A: 88.82IU (1.78%), Vitamin E: 0.21mg (1.38%), Vitamin K: 1.15µg (1.1%)