



Grilled Soft-Shell Crab and Pineapple Salad with Watercress

READY IN



45 min.

SERVINGS



6

CALORIES



949 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups avocado diced peeled
- ☐ 6 cups baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 cup maple syrup
- ☐ 30 ounce pie crust dough cleaned
- ☐ 1 small pineapple cored peeled halved lengthwise cut into 12 slices
- ☐ 2 cups pineapple juice

- ☐ 2 cups onion red separated thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup spiced rum (such as Captain Morgan)
- ☐ 4 cups watercress trimmed (2 bunches)
- ☐ 2 tablespoons citrus champagne vinegar

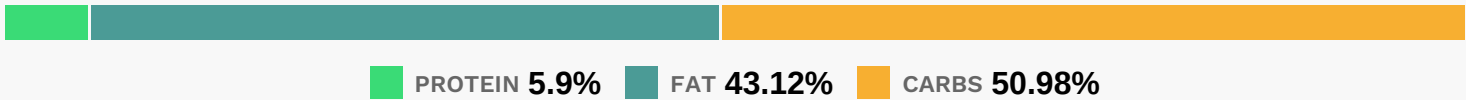
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 3 ingredients in a large saucepan. Bring to a boil, and cook until reduced to 1/2 cup (about 20 minutes). Cool.
- ☐ Combine one-fourth pineapple juice mixture, yogurt, vinegar, salt, and pepper in a small bowl. Chill dressing.
- ☐ Place pineapple on grill rack coated with cooking spray, and grill 2 minutes on each side.
- ☐ Place crab on grill rack coated with cooking spray. Grill 5 minutes; turn and baste frequently with yogurt mixture.
- ☐ Divide spinach and watercress evenly among 6 plates. Top each serving with 2 pineapple pieces, 1/3 cup onion, 1/3 cup avocado, and 1 crab; drizzle each with 2 tablespoons dressing.

Nutrition Facts



Properties

Glycemic Index:53.19, Glycemic Load:19.91, Inflammation Score:-10, Nutrition Score:36.705652034801%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 19.03mg, Quercetin: 19.03mg, Quercetin: 19.03mg, Quercetin: 19.03mg

Nutrients (% of daily need)

Calories: 948.97kcal (47.45%), Fat: 45.09g (69.37%), Saturated Fat: 12.9g (80.64%), Carbohydrates: 119.97g (39.99%), Net Carbohydrates: 109.11g (39.68%), Sugar: 34.95g (38.83%), Cholesterol: 1.23mg (0.41%), Sodium: 734.37mg (31.93%), Alcohol: 3.34g (100%), Alcohol %: 0.73% (100%), Protein: 13.88g (27.76%), Vitamin K: 224.1µg (213.43%), Manganese: 3.21mg (160.49%), Vitamin C: 107.28mg (130.03%), Vitamin A: 3714.16IU (74.28%), Folate: 253.67µg (63.42%), Vitamin B1: 0.68mg (45%), Fiber: 10.86g (43.46%), Vitamin B2: 0.68mg (40.22%), Iron: 5.68mg (31.55%), Vitamin B6: 0.61mg (30.45%), Potassium: 1047.98mg (29.94%), Vitamin B3: 5.97mg (29.84%), Magnesium: 103.73mg (25.93%), Copper: 0.51mg (25.26%), Phosphorus: 220.52mg (22.05%), Vitamin B5: 1.91mg (19.11%), Calcium: 184.65mg (18.46%), Vitamin E: 2.59mg (17.24%), Selenium: 9.96µg (14.23%), Zinc: 1.78mg (11.88%), Vitamin B12: 0.11µg (1.91%)