



Imitation Crabmeat Salad

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



548 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup celery diced
- ☐ 0.5 cup bell pepper diced green
- ☐ 1 pound imitation crab meat flaked
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 cups mayonnaise
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup onion diced red
- ☐ 0.7 cup salad dressing italian-style

- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 cup cup heavy whipping cream sour

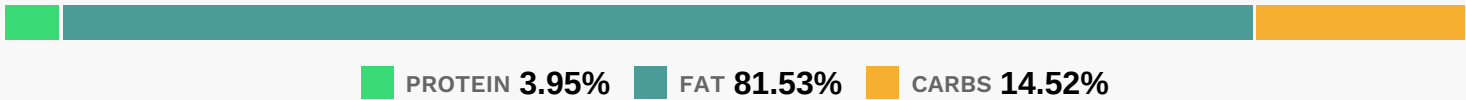
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine onion, green pepper, celery and imitation crab meat.
- ☐ In a separate bowl, mix together sour cream, mayonnaise, salad dressing, lemon juice, oregano, salt and pepper.
- ☐ Pour the dressing mixture into the crab/vegetable mixture and toss lightly to combine. Cover and chill at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:7.893913095412%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 547.82kcal (27.39%), Fat: 49.32g (75.88%), Saturated Fat: 8.31g (51.94%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 18.27g (6.64%), Sugar: 7.07g (7.86%), Cholesterol: 37.49mg (12.5%), Sodium: 1244.24mg (54.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin K: 110.52µg (105.26%), Vitamin E: 2.55mg (17.03%), Vitamin C: 13.36mg (16.19%), Fiber: 1.49g (5.96%), Vitamin B6: 0.08mg (3.96%), Vitamin A: 192.64IU (3.85%), Potassium: 115.48mg (3.3%), Selenium: 2.28µg (3.25%), Phosphorus: 31.98mg (3.2%), Manganese: 0.06mg (3.18%), Folate: 11.57µg (2.89%), Calcium: 28.31mg (2.83%), Vitamin B2: 0.04mg (2.37%), Vitamin B1: 0.03mg (1.95%), Iron: 0.35mg (1.92%), Vitamin B5: 0.19mg (1.86%), Copper: 0.04mg (1.78%), Magnesium: 7.08mg

(1.77%), Vitamin B12: 0.09µg (1.46%), Zinc: 0.19mg (1.27%)