



Lemony Crab Salad with Baby Greens



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound crab meat fresh picked over
- 3 tablespoons juice of lemon fresh
- 8 cups the salad mixed
- 0.3 cup olive oil extra virgin extra-virgin
- 1.5 tablespoons parsley fresh italian minced

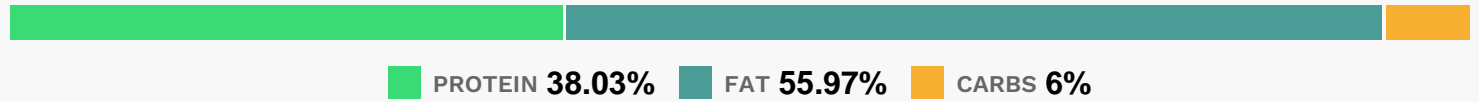
Equipment

- bowl

Directions

- In large nonmetallic bowl,toss first 4 ingredients to combine. Season to taste with salt and pepper.
- Toss greens with 1/4 cup olive oil in large bowl; season to taste with salt. Divide among 4 plates. Mound crab on greens and serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:21.781304301127%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 230.41kcal (11.52%), Fat: 14.28g (21.96%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.3g (0.33%), Cholesterol: 47.63mg (15.88%), Sodium: 970.03mg (42.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.65%), Vitamin B12: 10.21µg (170.1%), Selenium: 41.61µg (59.44%), Copper: 1.09mg (54.48%), Zinc: 6.94mg (46.25%), Vitamin C: 32.85mg (39.81%), Vitamin K: 32.73µg (31.17%), Phosphorus: 281.31mg (28.13%), Vitamin A: 1063.05IU (21.26%), Folate: 84.03µg (21.01%), Magnesium: 65.79mg (16.45%), Vitamin E: 1.97mg (13.15%), Vitamin B6: 0.24mg (12.03%), Potassium: 388.96mg (11.11%), Vitamin B3: 1.72mg (8.59%), Manganese: 0.16mg (8.05%), Iron: 1.35mg (7.5%), Calcium: 65.44mg (6.54%), Vitamin B2: 0.09mg (5.41%), Vitamin B5: 0.51mg (5.14%), Vitamin B1: 0.08mg (5.12%)