



Lump Blue Crab Salad Wraps



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bay leaves
- ☐ 8 servings boston lettuce leaves
- ☐ 1 tablespoon capers drained
- ☐ 0.5 teaspoon celery seed
- ☐ 0.7 cup apple cider vinegar
- ☐ 0.5 cup water
- ☐ 1 pound lump crab meat fresh drained
- ☐ 1 medium onion diced

- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil

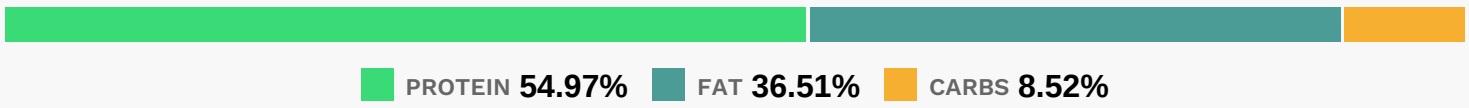
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients.
- ☐ Add crabmeat and next 4 ingredients to dressing, tossing gently to coat. Cover and chill 8 hours.
- ☐ Drain crabmeat mixture, reserving 1/4 cup dressing. Spoon mixture into lettuce leaves, and serve with reserved dressing.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:10.405652300171%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 82.44kcal (4.12%), Fat: 3.13g (4.81%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.68g (0.75%), Cholesterol: 23.81mg (7.94%), Sodium: 649.59mg (28.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.17%), Vitamin B12: 5.1µg (85.05%), Selenium: 20.76µg (29.66%), Copper: 0.54mg (26.92%), Zinc: 3.42mg (22.82%), Phosphorus: 130.96mg (13.1%), Magnesium: 31.41mg (7.85%), Folate: 28.61µg (7.15%), Vitamin C: 5.11mg (6.19%), Vitamin K: 6.39µg (6.08%), Manganese: 0.11mg (5.33%), Vitamin B6: 0.1mg (5.22%), Potassium: 155.45mg (4.44%), Calcium: 34.58mg (3.46%), Vitamin B3: 0.65mg (3.27%), Iron: 0.51mg (2.83%), Vitamin B5: 0.22mg (2.18%), Vitamin B1: 0.03mg (2.13%), Vitamin B2: 0.03mg (1.8%), Vitamin E: 0.24mg (1.59%), Fiber: 0.31g (1.24%), Vitamin A: 50.94IU (1.02%)