



WHATSheATE



HEALTH SCORE

56%

Lump Crab Salad



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 medium boston lettuce leaves



0.8 cup celery finely chopped



1.5 tablespoons olive oil extravirgin



3 tablespoons mint leaves fresh chopped



0.3 cup spring onion thinly sliced



0.1 teaspoon ground pepper red



3 tablespoons juice of lime fresh



0.5 teaspoon lime zest grated

- ☐ 1 pound lump crab meat
- ☐ 0.7 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon thai fish sauce (such as Three Crabs)

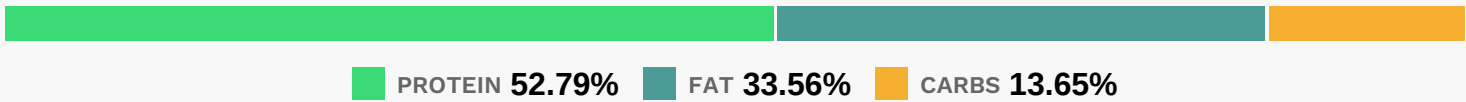
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine lime rind, juice, oil, sugar, fish sauce, salt, and ground red pepper, stirring with a whisk.
- ☐ To prepare salad, place celery and next 4 ingredients (through crabmeat) in a medium bowl; toss gently to combine.
- ☐ Drizzle dressing over salad; toss gently to coat.
- ☐ Place 1 lettuce leaf on each of 4 plates; spoon 1 cup salad into each leaf.

Nutrition Facts



Properties

Glycemic Index:57.52, Glycemic Load:1.23, Inflammation Score:-9, Nutrition Score:24.01391313387%

Flavonoids

Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg Hesperetin: 1.5mg, Hesperetin: 1.5mg, Hesperetin: 1.5mg, Hesperetin: 1.5mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 165.48kcal (8.27%), Fat: 6.14g (9.45%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.05g (1.47%), Sugar: 2.89g (3.21%), Cholesterol: 47.63mg (15.88%), Sodium: 1230.85mg (53.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.49%), Vitamin B12: 10.21µg (170.22%), Selenium: 41.68µg (59.54%), Vitamin C: 47.13mg (57.13%), Copper: 1.08mg (54.12%), Zinc: 6.95mg (46.35%), Vitamin K: 42.64µg (40.61%), Vitamin A: 1660.9IU (33.22%), Phosphorus: 272.02mg (27.2%), Folate: 90.67µg (22.67%), Magnesium: 70.88mg (17.72%), Vitamin B6: 0.29mg (14.52%), Potassium: 432.1mg (12.35%), Manganese: 0.18mg (8.92%), Vitamin B3: 1.77mg (8.84%), Vitamin E: 1.32mg (8.78%), Calcium: 84.39mg (8.44%), Iron: 1.37mg (7.63%), Vitamin B2: 0.11mg (6.47%), Fiber: 1.58g (6.3%), Vitamin B5: 0.58mg (5.8%), Vitamin B1: 0.09mg (5.71%)