



Meyer Lemon-Crab Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp pepper black freshly ground
- ☐ 0.8 pound crabs shelled cooked
- ☐ 0.3 teaspoon lemon zest (see Notes)
- ☐ 0.3 cup meyer lemon juice
- ☐ 0.5 tsp salt
- ☐ 1 tablespoon sesame oil toasted
- ☐ 2 tablespoons shallots finely chopped
- ☐ 1 cup watercress leaves and sprigs (large stems removed)

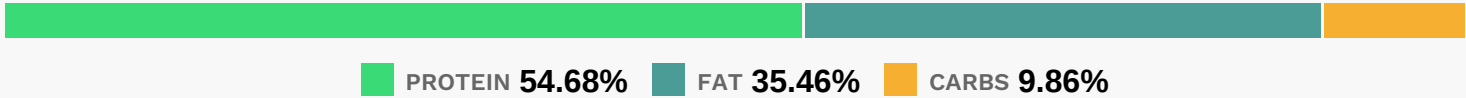
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, toss crab with lemon juice, shallot, sesame oil, salt, pepper, and lemon zest.
- ☐ Add more salt and/or pepper to taste.
- ☐ Serve on a bed of watercress.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:10.806521910688%

Flavonoids

Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 74.92kcal (3.75%), Fat: 2.92g (4.49%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.54g (0.6%), Cholesterol: 33.45mg (11.15%), Sodium: 363.9mg (15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Vitamin B12: 5.1µg (85.05%), Selenium: 21.14µg (30.2%), Copper: 0.39mg (19.62%), Zinc: 2.45mg (16.32%), Vitamin K: 14.65µg (13.95%), Phosphorus: 109.57mg (10.96%), Vitamin C: 8.73mg (10.58%), Vitamin B3: 1.81mg (9.04%), Folate: 28.66µg (7.17%), Magnesium: 28.18mg (7.04%), Potassium: 242.45mg (6.93%), Vitamin B2: 0.1mg (6.11%), Vitamin B6: 0.11mg (5.45%), Vitamin A: 233.1IU (4.66%), Manganese: 0.08mg (4.07%), Calcium: 35.27mg (3.53%), Vitamin B1: 0.04mg (2.42%), Vitamin B5: 0.24mg (2.41%), Iron: 0.28mg (1.56%)