

Mock Crab Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 cup celery finely chopped
- 0.3 cup mayonnaise fat-free
- 0.1 teaspoon kosher salt
- 2 tablespoons milk 1% low-fat
- 2 tablespoons onion fresh minced
- 2 cups parsnips shredded peeled
- 0.3 cup pimiento-stuffed olives chopped

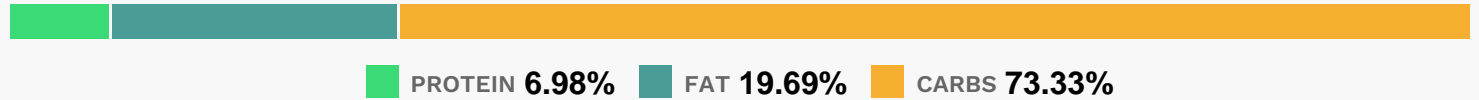
4 ounce pimientos diced drained

Equipment

Directions

Combine all ingredients, tossing well.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:5.17, Inflammation Score:-7, Nutrition Score:9.6926087115122%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 88.44kcal (4.42%), Fat: 2.07g (3.19%), Saturated Fat: 0.35g (2.22%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 12.71g (4.62%), Sugar: 6.33g (7.04%), Cholesterol: 1.67mg (0.56%), Sodium: 337.72mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Vitamin C: 41.35mg (50.13%), Vitamin K: 23.52µg (22.4%), Manganese: 0.42mg (21.15%), Fiber: 4.67g (18.66%), Vitamin A: 829.32IU (16.59%), Folate: 50.18µg (12.54%), Vitamin E: 1.58mg (10.51%), Potassium: 351.19mg (10.03%), Vitamin B6: 0.15mg (7.62%), Phosphorus: 65.02mg (6.5%), Magnesium: 24.69mg (6.17%), Iron: 1.06mg (5.92%), Copper: 0.11mg (5.75%), Vitamin B1: 0.08mg (5.04%), Vitamin B5: 0.45mg (4.53%), Calcium: 44.63mg (4.46%), Vitamin B2: 0.07mg (4.24%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.52mg (3.45%), Selenium: 1.58µg (2.26%)