



Mock Crab Salad with Tehina Sauce

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown rice vinegar
- ☐ 6 ribs celery peeled very thin sliced
- ☐ 2 pounds mock crab thawed flaked
- ☐ 1 cucumber seedless halved lengthwise very thin sliced
- ☐ 2 tablespoons ginger fresh grated
- ☐ 1 tbsps bottled hot sauce
- ☐ 1 bunch scallions very thin sliced
- ☐ 0.3 cup sesame oil toasted

- ☐ 1 pound silken tofu
- ☐ 0.3 cup soya sauce
- ☐ 0.3 tehina [tahini]

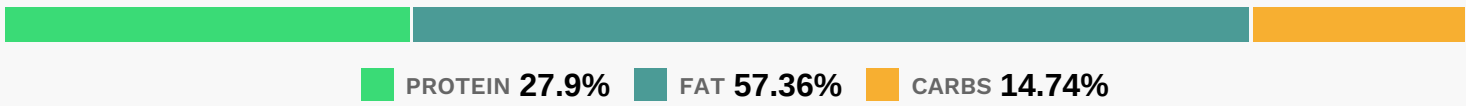
Equipment

- ☐ food processor

Directions

- ☐ Place all salad ingredients in a platter. Make the sauce: place all but last ingredients in a food processor, and process until smooth. Toss the salad with the sauce.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:12.468695645747%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 180.64kcal (9.03%), Fat: 11.54g (17.76%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.75g (3.05%), Cholesterol: 15.88mg (5.29%), Sodium: 1131.26mg (49.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Vitamin B12: 3.4µg (56.7%), Copper: 0.57mg (28.38%), Vitamin K: 29.49µg (28.09%), Selenium: 14.3µg (20.43%), Zinc: 2.88mg (19.19%), Phosphorus: 171.41mg (17.14%), Magnesium: 58.59mg (14.65%), Potassium: 442.33mg (12.64%), Folate: 39.84µg (9.96%), Vitamin C: 7.78mg (9.43%), Manganese: 0.18mg (8.94%), Vitamin B1: 0.13mg (8.37%), Iron: 1.46mg (8.11%), Vitamin B6: 0.15mg (7.5%), Calcium: 71.74mg (7.17%), Vitamin B3: 1.38mg (6.88%), Vitamin B2: 0.11mg (6.54%), Vitamin A: 284.59IU (5.69%), Fiber: 1.23g (4.91%), Vitamin B5: 0.42mg (4.19%), Vitamin E: 0.28mg (1.87%)