

Napa-Crab Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado cubed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cashew pieces
- ☐ 2 cups grape tomatoes
- ☐ 0.8 cup spring onion chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 cups lump crab meat fresh

- ☐ 1 cup mayonnaise
- ☐ 8 cups napa cabbage finely sliced (1 head)

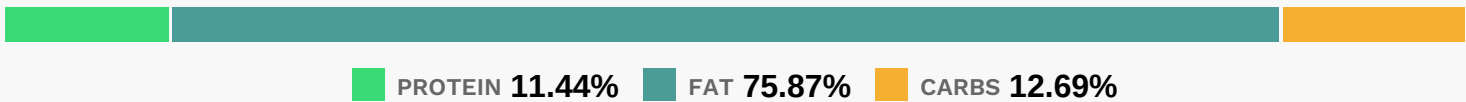
Equipment

- ☐ bowl

Directions

- ☐ Combine mayonnaise and lemon juice, stirring well; cover and chill.
- ☐ Gently toss together cabbage and remaining ingredients in a large bowl. Carefully toss in dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.77, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:14.722608504088%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 246.16kcal (12.31%), Fat: 21.44g (32.98%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 5.49g (2%), Sugar: 2.43g (2.7%), Cholesterol: 16.66mg (5.55%), Sodium: 400.29mg (17.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Vitamin K: 74.38µg (70.84%), Vitamin B12: 1.91µg (31.87%), Vitamin C: 22.42mg (27.18%), Copper: 0.5mg (25.23%), Folate: 74.69µg (18.67%), Manganese: 0.36mg (17.81%), Selenium: 10.63µg (15.18%), Zinc: 2.19mg (14.61%), Phosphorus: 145.66mg (14.57%), Magnesium: 57.59mg (14.4%), Vitamin B6: 0.26mg (13.17%), Potassium: 399.15mg (11.4%), Fiber: 2.57g (10.3%), Vitamin A: 472.53IU

(9.45%), Vitamin E: 1.29mg (8.6%), Iron: 1.3mg (7.23%), Vitamin B1: 0.1mg (6.74%), Calcium: 63.72mg (6.37%),
Vitamin B5: 0.52mg (5.16%), Vitamin B3: 1.02mg (5.11%), Vitamin B2: 0.08mg (4.48%)