



Papaya and Avocado Crab Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup avocado diced peeled
- 2 tablespoons cilantro leaves fresh minced
- 1 garlic clove minced
- 1 medium jalapeno halved
- 0.3 cup juice of lime fresh (2 limes)
- 1 pound lump crab meat
- 1 cup papaya diced peeled
- 6 6-inch pitas split ()

- 1 poblano chile halved seeded
- 0.7 cup onion red finely chopped
- 0.5 teaspoon salt

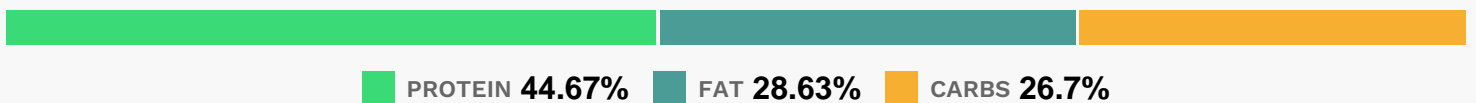
Equipment

- bowl
- aluminum foil
- broiler
- ziploc bags
- broiler pan

Directions

- Preheat broiler.
- Place chile and pepper halves, skin sides up, on a foil-lined broiler pan; flatten with hand. Broil 10 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 10 minutes. Peel and finely chop; place in a large bowl.
- Add papaya and next 7 ingredients (through garlic); toss gently to combine.
- Serve with pitas.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:18.052173780358%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg

0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg
Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.89mg, Isorhamnetin:
0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol:
0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 131.34kcal (6.57%), Fat: 4.27g (6.57%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 8.96g (2.99%), Net
Carbohydrates: 6.11g (2.22%), Sugar: 3.49g (3.88%), Cholesterol: 31.75mg (10.58%), Sodium: 836.5mg (36.37%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.98%), Vitamin B12: 6.8µg (113.4%), Vitamin C:
45.25mg (54.85%), Selenium: 27.94µg (39.91%), Copper: 0.78mg (39.12%), Zinc: 4.76mg (31.73%), Phosphorus:
193.83mg (19.38%), Folate: 69.48µg (17.37%), Magnesium: 54.54mg (13.63%), Vitamin B6: 0.27mg (13.63%),
Potassium: 400.13mg (11.43%), Fiber: 2.85g (11.41%), Vitamin K: 8.31µg (7.91%), Vitamin A: 389.29IU (7.79%), Vitamin
B3: 1.54mg (7.68%), Vitamin B5: 0.73mg (7.25%), Manganese: 0.14mg (6.84%), Vitamin B1: 0.08mg (5.42%),
Calcium: 52.18mg (5.22%), Vitamin E: 0.77mg (5.16%), Vitamin B2: 0.09mg (5.09%), Iron: 0.79mg (4.38%)