



Popovers Stuffed with Crab, Avocado and Mango Chopped Salad

READY IN

ready

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80 min.

SERVINGS

servings

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6

CALORIES

calories

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430 kcal

SIDE DISH

Ingredients

- ☐ 1 large avocado diced pitted peeled halved
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter cooled melted
- ☐ 1 tablespoon crème fraîche
- ☐ 2 large eggs at room temperature
- ☐ 0.8 cup flour all-purpose
- ☐ 4 green onions chopped
- ☐ 0.1 teaspoon ground ginger

- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 lime zest
- ☐ 1 pound lump crab meat fresh dry cubed
- ☐ 1 pound mangos diced peeled seeded
- ☐ 3 tablespoons orange juice fresh
- ☐ 1 medium orange zest
- ☐ 1 cup belgian endive red chopped
- ☐ 0.3 cup safflower oil
- ☐ 0.5 teaspoon salt fine
- ☐ 1 teaspoon sugar
- ☐ 1 cup milk whole at room temperature

Equipment

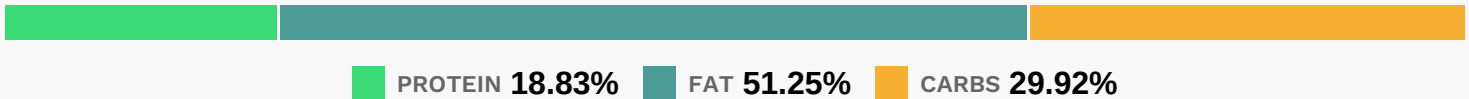
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ serrated knife

Directions

- ☐ Special equipment: Special equipment: a 6-count popover pan (each cup about a 2/3 cup capacity)
- ☐ For the popovers: Position a rack in the center of the oven and preheat the oven to 400 degrees F. Spray a 6-count popover pan, six 1 cup ceramic souffle dishes, glass custard cups, or muffin cups with vegetable oil cooking spray.

- ☐ In a blender, combine the milk, flour, butter, sugar, salt, ginger and eggs and blend until smooth. Scrape down the sides and blend until the batter is very smooth. Divide the batter equally among the prepared dishes, about 1/3 cup each.
- ☐ Bake the popovers without opening the oven door, until puffed and deep brown, 35 to 40 minutes.
- ☐ For the salad: While the popovers bake, in a large bowl, combine the orange and lime zest, orange and lime juices, creme fraiche, salt and pepper. Gradually whisk in the oil.
- ☐ Add the crabmeat, radicchio, onions, avocado and mango. Toss until combined.
- ☐ When the popovers are baked through, remove the popovers from the oven. Twist each out of its dish and cool on a wire rack.
- ☐ Place the popovers on a platter. Using a serrated knife, remove the tops of the popovers. Using a large spoon, fill each popover with the salad, mounding in the center.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:78.81, Glycemic Load:16.16, Inflammation Score:-8, Nutrition Score:27.885217417841%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 6.04mg, Hesperetin: 6.04mg, Hesperetin: 6.04mg, Hesperetin: 6.04mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 429.82kcal (21.49%), Fat: 25.07g (38.57%), Saturated Fat: 5.68g (35.51%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 27.81g (10.11%), Sugar: 14.51g (16.12%), Cholesterol: 109.84mg (36.61%), Sodium:

1288.57mg (56.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.73g (41.45%), Vitamin B12: 7.18µg (119.73%), Vitamin C: 49.07mg (59.48%), Selenium: 39.6µg (56.57%), Copper: 0.91mg (45.47%), Vitamin E: 5.91mg (39.38%), Folate: 144.58µg (36.14%), Zinc: 5.37mg (35.77%), Phosphorus: 298.44mg (29.84%), Vitamin K: 28.43µg (27.08%), Vitamin A: 1286.8IU (25.74%), Fiber: 5.13g (20.51%), Vitamin B2: 0.34mg (19.82%), Vitamin B6: 0.37mg (18.74%), Potassium: 639.12mg (18.26%), Magnesium: 70.52mg (17.63%), Vitamin B1: 0.26mg (17.11%), Vitamin B3: 3.05mg (15.25%), Manganese: 0.29mg (14.55%), Vitamin B5: 1.45mg (14.49%), Calcium: 129.53mg (12.95%), Iron: 2.05mg (11.38%), Vitamin D: 0.78µg (5.2%)