



Seafood And Cabbage Salad

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head broccoli fresh cut into florets
- 2.5 cups cabbage shredded
- 1 clove garlic crushed
- 1 bell pepper green thinly sliced
- 0.5 teaspoon ground pepper black
- 1 pound imitation crabmeat coarsely chopped
- 0.3 cup juice of lemon
- 0.8 cup mayonnaise light

- 0.5 teaspoon pepper sauce hot
- 1 bell pepper red sliced
- 1 cup cabbage shredded red
- 0.5 teaspoon salt
- 2 tablespoons sugar white
- 3 tablespoons citrus champagne vinegar
- 1.5 teaspoons worcestershire sauce

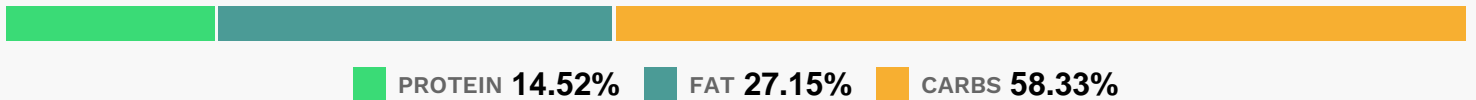
Equipment

- bowl
- whisk

Directions

- In a small bowl, whisk together mayonnaise, lemon juice, sugar, white wine vinegar, garlic, Worcestershire sauce, salt and pepper, and chile sauce.
- In a large bowl, combine cabbage, broccoli, bell peppers, and crab. Toss mixture with dressing. Cover, and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:35.26, Glycemic Load:3.86, Inflammation Score:-8, Nutrition Score:15.811304403388%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 163.77kcal (8.19%), Fat: 5.09g (7.83%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 20.58g (7.49%), Sugar: 9.32g (10.36%), Cholesterol: 9.6mg (3.2%), Sodium: 692.6mg (30.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin C: 116.57mg (141.29%), Vitamin K: 111.73µg (106.41%), Vitamin A: 1157.02IU (23.14%), Folate: 70.12µg (17.53%), Fiber: 4.01g (16.03%), Manganese: 0.28mg (14.21%), Vitamin B6: 0.27mg (13.47%), Potassium: 390.97mg (11.17%), Vitamin E: 1.4mg (9.35%), Vitamin B2: 0.13mg (7.42%), Phosphorus: 71.71mg (7.17%), Vitamin B1: 0.1mg (6.41%), Magnesium: 25.21mg (6.3%), Vitamin B5: 0.59mg (5.87%), Calcium: 56.64mg (5.66%), Iron: 1mg (5.58%), Vitamin B3: 0.82mg (4.11%), Selenium: 2.68µg (3.83%), Copper: 0.07mg (3.34%), Zinc: 0.46mg (3.07%)