



Seafood Caesar Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



427 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

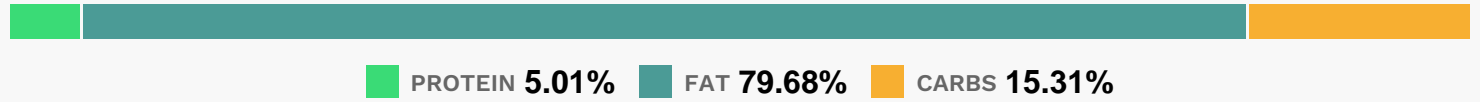
- 7.5 ounces caesar dressing
- 8 ounces imitation crab frozen flake-style thawed
- 0.3 cup spring onion sliced
- 1 avocado pitted ripe cubed peeled

Equipment

Directions

- Among 4 plates, divide lettuce from salad kit.
- Mix crabmeat, onions, avocado and salad dressing from salad kit. Spoon over lettuce.
- Sprinkle with Parmesan cheese and croutons from salad kit.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:8.9634781039279%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 426.63kcal (21.33%), Fat: 38.12g (58.65%), Saturated Fat: 5.74g (35.9%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 12.06g (4.39%), Sugar: 3.84g (4.27%), Cholesterol: 26.97mg (8.99%), Sodium: 966.35mg (42.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin K: 79.3µg (75.53%), Vitamin E: 3.59mg (23.96%), Fiber: 4.42g (17.67%), Folate: 45.77µg (11.44%), Potassium: 276.38mg (7.9%), Vitamin C: 6.36mg (7.71%), Vitamin B5: 0.75mg (7.47%), Vitamin B6: 0.15mg (7.31%), Copper: 0.11mg (5.3%), Iron: 0.94mg (5.24%), Manganese: 0.1mg (5.08%), Vitamin B3: 0.93mg (4.64%), Vitamin B2: 0.08mg (4.45%), Magnesium: 16.89mg (4.22%), Phosphorus: 38.54mg (3.85%), Calcium: 36.04mg (3.6%), Vitamin A: 153.75IU (3.08%), Vitamin B1: 0.04mg (2.83%), Zinc: 0.4mg (2.7%), Selenium: 1.09µg (1.56%)