



Smoked salmon salad with crab dressing



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g crab meat fresh
- ☐ 2 tbsp mayonnaise
- ☐ 1 pinch ground pepper good
- ☐ 0.5 tbsp juice of lemon
- ☐ 1 tbsp olive oil
- ☐ 6 small slices salmon smoked
- ☐ 2 small handfuls salad leaves curly endive
- ☐ 8 cherry tomatoes halved

- ☐ 1 avocado peeled sliced
- ☐ 1 small shallots thinly sliced
- ☐ 3 leaves arugula

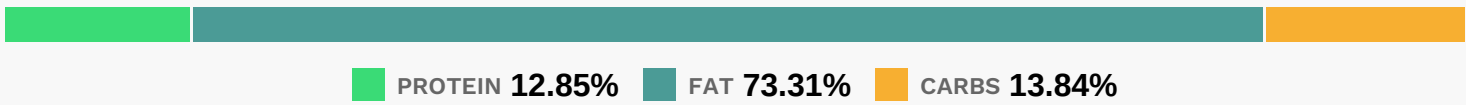
Equipment

- ☐ bowl

Directions

- ☐ Mix the crabmeat with the mayonnaise and cayenne pepper. Set aside. Stir the lemon juice and oil together in a large bowl with some seasoning.
- ☐ Arrange the smoked salmon on 2 large plates.
- ☐ Add the endive, cherry tomatoes, avocado and shallot to the lemon dressing, toss well and pile onto the plates. Top with the crabmeat mixture, scatter over rocket leaves and serve with toast, if you like.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:22.698261032934%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 384.86kcal (19.24%), Fat: 32.64g (50.22%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 6.17g (2.24%), Sugar: 3.56g (3.95%), Cholesterol: 27.49mg (9.16%), Sodium: 546.21mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Vitamin B12: 4.61µg (76.91%), Vitamin K: 54.47µg (51.88%), Vitamin C: 32.01mg (38.8%), Copper: 0.73mg (36.42%), Fiber: 7.7g (30.79%), Folate: 120.6µg (30.15%), Selenium: 20.4µg (29.14%), Vitamin E: 4.02mg (26.78%), Zinc: 3.81mg (25.39%), Potassium: 802.1mg (22.92%), Vitamin B6: 0.44mg (22.23%), Phosphorus: 197.81mg (19.78%), Vitamin B5: 1.77mg (17.68%), Magnesium: 64.37mg (16.09%), Vitamin B3: 2.84mg (14.22%), Manganese: 0.28mg (14.01%), Vitamin A: 617.13IU (12.34%), Vitamin B2: 0.18mg (10.5%), Iron: 1.59mg (8.84%), Vitamin B1: 0.13mg (8.35%), Calcium: 52.37mg (5.24%), Vitamin D: 0.54µg (3.6%)