



Special Crab Salad

 Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup black beans canned rinsed drained
- 3 stalks celery sliced
- 0.7 cup cilantro leaves chopped
- 1 cup cucumbers chopped
- 0.5 cup athenos feta cheese crumbled traditional
- 2 cups grape tomatoes halved
- 3 Tbsp juice of lime
- 1 lb lump crab meat flaked cooked

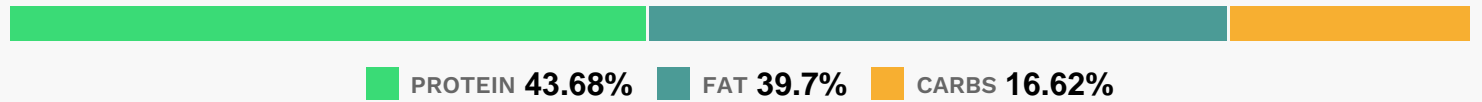
0.5 cup greek vinaigrette with feta cheese and oregano dressing made with extra virgin olive oil kraft

Equipment

Directions

- Combine all ingredients.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:18.266521727261%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 158.18kcal (7.91%), Fat: 6.97g (10.72%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 4.42g (1.61%), Sugar: 2.02g (2.25%), Cholesterol: 42.88mg (14.29%), Sodium: 849.51mg (36.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.48%), Vitamin B12: 7.02µg (116.92%), Selenium: 29.7µg (42.44%), Copper: 0.79mg (39.33%), Zinc: 5.1mg (33.99%), Phosphorus: 246.44mg (24.64%), Vitamin C: 16.54mg (20.05%), Vitamin K: 19.33µg (18.41%), Folate: 65.61µg (16.4%), Vitamin A: 714.66IU (14.29%), Magnesium: 55.82mg (13.96%), Vitamin B6: 0.25mg (12.28%), Potassium: 424.05mg (12.12%), Calcium: 119.76mg (11.98%), Vitamin B2: 0.19mg (10.92%), Fiber: 2.14g (8.56%), Manganese: 0.17mg (8.28%), Vitamin B3: 1.44mg (7.21%), Vitamin B1: 0.1mg (6.96%), Vitamin E: 0.93mg (6.2%), Iron: 1.08mg (6%), Vitamin B5: 0.58mg (5.78%)