



Spicy Coconut-Surimi Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups cabbage chinese thinly sliced (napa)
- 1 cup coconut or shredded
- 0.5 cup spring onion sliced (8 medium)
- 16 oz imitation crab refrigerated chunk-style (surimi)
- 1 tablespoon juice of lemon fresh
- 1 teaspoons curry paste red (from 4-oz jar)
- 1 cup salad dressing
- 2 cups sugar snap peas fresh trimmed cut in half diagonally

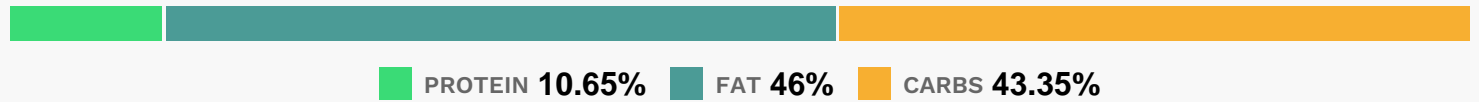
Equipment

- bowl
- whisk

Directions

- In small bowl, beat mayonnaise, curry paste, and lemon juice with wire whisk until blended.
- In large bowl, stir imitation crabmeat, peas, coconut, green onions and mayonnaise mixture until well mixed.
- Serve on cabbage.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:13.182608749556%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 251.44kcal (12.57%), Fat: 12.95g (19.92%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 22.57g (8.21%), Sugar: 11.42g (12.69%), Cholesterol: 8.32mg (2.77%), Sodium: 831.74mg (36.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.49%), Vitamin K: 100.58µg (95.79%), Vitamin C: 48.42mg (58.69%), Manganese: 0.42mg (20.87%), Fiber: 4.89g (19.54%), Folate: 53.12µg (13.28%), Vitamin A: 652.27IU (13.05%), Vitamin B6: 0.18mg (8.88%), Iron: 1.58mg (8.78%), Potassium: 290.27mg (8.29%), Vitamin E: 1.17mg (7.81%), Vitamin B1: 0.11mg (7.57%), Magnesium: 24.28mg (6.07%), Phosphorus: 59.74mg (5.97%), Calcium: 56.32mg (5.63%), Copper: 0.11mg (5.59%), Vitamin B5: 0.44mg (4.43%), Vitamin B2: 0.06mg (3.76%), Selenium: 2.62µg (3.74%), Zinc: 0.42mg (2.81%), Vitamin B3: 0.53mg (2.65%)