



Spirited Cooking: Crab and Citrus Salad with Verjus Vinaigrette



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 medium blood oranges
- ☐ 2 celery stalks trimmed
- ☐ 0.5 teaspoon coriander seeds
- ☐ 2 medium fennel bulb trimmed
- ☐ 1 large clove garlic smashed
- ☐ 1 grapefruit
- ☐ 8 ounces lump crab meat picked over for shells

- ☐ 4 tablespoons olive oil
- ☐ 0.5 teaspoon peppercorns
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup verjus

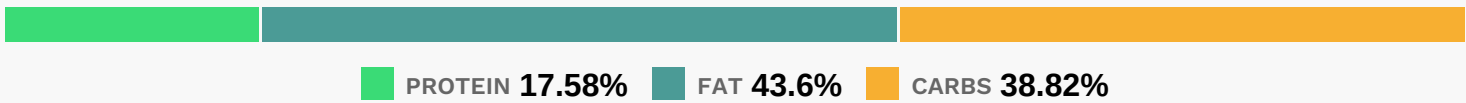
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ mandoline

Directions

- ☐ Place verjus, pink peppercorns, coriander, and garlic in small, heavy bottomed saucepan over medium-high heat. Simmer until reduced to 2 to 3 tablespoons. Strain liquid and discard solids. Slowly whisk oil into reduced verjus to create an emulsified vinaigrette. Season to taste with salt and pepper.
- ☐ Cut ends off of grapefruit and oranges.
- ☐ Remove peels and white pith with a knife.
- ☐ Cut fruits into thin rounds, about 1/8" thick.
- ☐ Using a mandoline, cut very thin slices of fennel and celery. Toss with half of vinaigrette until vegetables are well coated. Taste and add more salt accordingly.
- ☐ Let sit for 5 to 10 minutes, fennel and celery will soften slightly.
- ☐ Divide dressed fennel and celery among plates. Top evenly with citrus and crab meat.
- ☐ Drizzle more vinaigrette over the top of each salad.
- ☐ Garnish with fennel fronds and celery leaves.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:7.74, Inflammation Score:-9, Nutrition Score:26.200000348298%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 27mg, Hesperetin: 27mg, Hesperetin: 27mg, Hesperetin: 27mg Naringenin: 35.94mg, Naringenin: 35.94mg, Naringenin: 35.94mg, Naringenin: 35.94mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 299.87kcal (14.99%), Fat: 15.82g (24.35%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 24.4g (8.87%), Sugar: 21.18g (23.54%), Cholesterol: 23.81mg (7.94%), Sodium: 732.9mg (31.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.72%), Vitamin C: 90.59mg (109.81%), Vitamin B12: 5.1µg (85.05%), Vitamin K: 83.4µg (79.43%), Copper: 0.68mg (33.88%), Selenium: 22.22µg (31.74%), Fiber: 7.3g (29.2%), Potassium: 883.14mg (25.23%), Zinc: 3.75mg (25.01%), Folate: 95.17µg (23.79%), Vitamin A: 1139.51IU (22.79%), Phosphorus: 211.46mg (21.15%), Vitamin E: 2.97mg (19.78%), Manganese: 0.37mg (18.6%), Magnesium: 65.44mg (16.36%), Calcium: 143.42mg (14.34%), Vitamin B6: 0.25mg (12.26%), Vitamin B1: 0.15mg (10.15%), Vitamin B3: 1.8mg (9.02%), Vitamin B5: 0.9mg (9%), Iron: 1.53mg (8.49%), Vitamin B2: 0.12mg (7.33%)