



Spring-on-a-Plate Salads



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups baby salad greens assorted loosely packed
- ☐ 2 large carrots
- ☐ 12 servings lemon-dill vinaigrette divided
- ☐ 1.3 cups edamame green chilled shelled cooked (soybeans)
- ☐ 1 small fennel bulb
- ☐ 2 teaspoons lemon zest
- ☐ 1 pound lump crab meat fresh
- ☐ 1 cup blanched peas fresh green chilled

- ☐ 0.3 cup bell pepper red minced
- ☐ 0.3 small onion red

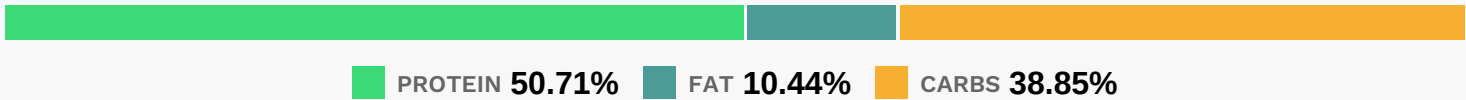
Equipment

- ☐ bowl
- ☐ mandoline
- ☐ peeler

Directions

- ☐ Shave carrots into thin strips using a vegetable peeler.
- ☐ Cut fennel and onion into very thin slices using a mandoline.
- ☐ Place carrots, fennel, and onion in a large bowl; add ice water to cover.
- ☐ Let stand 30 minutes.
- ☐ Combine edamame, peas, 2 Tbsp. Lemon–Dill Vinaigrette, and salt and pepper to taste.
- ☐ Pick crabmeat, removing any bits of shell. Gently toss crab with red bell pepper and lemon zest; season with salt and pepper to taste.
- ☐ Drain carrot mixture well. Divide pea mixture among 12 small plates; top with carrot mixture, salad greens, and crabmeat mixture.
- ☐ Drizzle with remaining Lemon–Dill Vinaigrette just before serving.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:1.3, Inflammation Score:–9, Nutrition Score:12.714347911918%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 75.84kcal (3.79%), Fat: 0.88g (1.36%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 5g (1.82%), Sugar: 2.68g (2.98%), Cholesterol: 15.88mg (5.29%), Sodium: 339.66mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.31%), Vitamin B12: 3.4µg (56.7%), Vitamin A: 2426.81IU (48.54%), Vitamin C: 19.05mg (23.09%), Selenium: 14.21µg (20.3%), Copper: 0.4mg (19.91%), Zinc: 2.52mg (16.77%), Vitamin K: 16.99µg (16.18%), Phosphorus: 117.86mg (11.79%), Folate: 40.25µg (10.06%), Fiber: 2.4g (9.58%), Potassium: 335.14mg (9.58%), Manganese: 0.15mg (7.47%), Magnesium: 29.8mg (7.45%), Vitamin B6: 0.13mg (6.44%), Iron: 1.13mg (6.26%), Vitamin B3: 1.04mg (5.19%), Calcium: 50.2mg (5.02%), Vitamin B1: 0.07mg (4.42%), Vitamin B2: 0.06mg (3.39%), Vitamin B5: 0.26mg (2.57%), Vitamin E: 0.26mg (1.72%)