



Tomato Crab Salad to Tame a Cruel, Cruel Summer



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce fennel bulb with fronds (2 or 3 bulbs)
- ☐ 2 tablespoon juice of lemon fresh
- ☐ 0.5 pound lump crab picked over for shells ()
- ☐ 0.3 cup olive oil extra-virgin or as needed ()
- ☐ 4 servings cracked pepper black as needed
- ☐ 4 servings sea salt as needed
- ☐ 1.5 pound meaty tomatoes

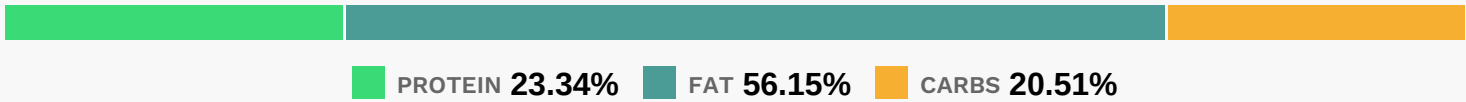
5 ounce watercress washed and dried)

Equipment

Directions

- Cut the tomatoes into thick slices (about 3/4-inch thick); set aside. Thinly slice the fennel crosswise, bulbs only. Pick through the fennel slices and discard any that are mostly core. Toss the slices with lemon juice. Save the fronds as garnish. Arrange the watercress on a serving plate, and top with tomato slices, lemon dressed fennel and the crab meat.
- Drizzle the olive oil on top; garnish with reserved fennel fronds and fennel pollen (if using). Season to taste with salt and pepper.
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Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:2.91, Inflammation Score:-9, Nutrition Score:26.029565272124%

Flavonoids

Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg, Kaempferol: 8.31mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 220.96kcal (11.05%), Fat: 14.35g (22.08%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 7.77g (2.83%), Sugar: 6.96g (7.74%), Cholesterol: 23.81mg (7.94%), Sodium: 720.68mg (31.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.84%), Vitamin K: 145.93µg (138.98%), Vitamin B12: 5.1µg (85.05%), Vitamin C: 52.22mg (63.29%), Vitamin A: 2638.28IU (52.77%), Copper: 0.69mg (34.53%), Selenium: 21.37µg (30.52%), Zinc: 3.82mg (25.47%), Potassium: 879.7mg (25.13%), Vitamin E: 3.56mg (23.72%), Phosphorus: 215.36mg (21.54%), Manganese: 0.42mg (21.13%), Folate: 70.48µg (17.62%), Fiber: 4.02g (16.1%), Magnesium: 64.2mg (16.05%), Vitamin B6: 0.3mg (14.86%), Calcium: 114.55mg (11.45%), Vitamin B3: 2.08mg (10.38%), Vitamin B1: 0.13mg (8.45%), Iron: 1.37mg (7.62%), Vitamin B2: 0.12mg (6.98%), Vitamin B5: 0.6mg (6.02%)