



West Indies Crab Salad



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



11

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices avocado
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup cider vinegar
- ☐ 2 tablespoons flat-leaf parsley leaves fresh
- ☐ 1 pound lump crab drained
- ☐ 0.5 teaspoon salt
- ☐ 1 onion sweet finely chopped
- ☐ 0.5 cup vegetable oil

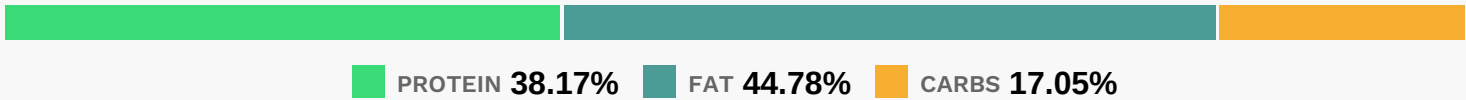
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Combine first 7 ingredients in a large bowl, stirring gently. Cover and chill at least 2 hours. Top avocado slices with crab mixture using a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:13.09, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:9.5473912436029%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 85.79kcal (4.29%), Fat: 4.21g (6.48%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.65g (1.83%), Cholesterol: 17.32mg (5.77%), Sodium: 454.74mg (19.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin B12: 3.71µg (61.85%), Selenium: 15.23µg (21.76%), Copper: 0.43mg (21.28%), Vitamin K: 18.6µg (17.71%), Zinc: 2.59mg (17.27%), Phosphorus: 106.77mg (10.68%), Folate: 36.94µg (9.23%), Vitamin C: 6.63mg (8.03%), Magnesium: 27.83mg (6.96%), Vitamin B6: 0.14mg (6.8%), Potassium: 197.49mg (5.64%), Fiber: 1.21g (4.83%), Manganese: 0.1mg (4.81%), Vitamin B3: 0.74mg (3.68%), Vitamin B5: 0.36mg (3.62%), Vitamin E: 0.45mg (3%), Calcium: 28.81mg (2.88%), Vitamin B1: 0.04mg (2.65%), Iron: 0.47mg (2.62%), Vitamin B2: 0.04mg (2.46%), Vitamin A: 91.34IU (1.83%)