



Wild Rice Crab Salad

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

READY IN



45 min.

SERVINGS



12

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli florets fresh
- 2 cups cauliflower florets fresh
- 1 pound crabmeat fresh canned cooked
- 0.3 cup onion chopped
- 0.3 teaspoon pepper
- 16 ounces ranch dressing
- 0.5 teaspoon salt
- 1 tablespoon sugar

1.5 cups rice wild uncooked

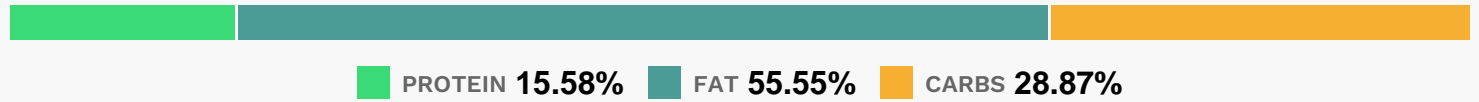
Equipment

bowl

Directions

- Cook rice according to package directions; drain and rinse in cold water.
- In a large bowl, combine the rice, crab, broccoli, cauliflower and onion.
- Combine the salad dressing, sugar, salt and pepper; pour over salad and toss to coat. Cover and refrigerate for 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:20.76, Glycemic Load:8.82, Inflammation Score:-5, Nutrition Score:15.098695858665%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 279.92kcal (14%), Fat: 17.43g (26.81%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 18.34g (6.67%), Sugar: 3.99g (4.43%), Cholesterol: 46.49mg (15.5%), Sodium: 661.83mg (28.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Vitamin K: 69.28µg (65.98%), Vitamin C: 23.06mg (27.95%), Selenium: 18.6µg (26.58%), Phosphorus: 263.73mg (26.37%), Vitamin B12: 1.32µg (22.05%), Copper: 0.44mg (21.78%), Manganese: 0.38mg (18.86%), Zinc: 2.81mg (18.73%), Folate: 59.49µg (14.87%), Magnesium: 56.99mg (14.25%), Vitamin B3: 2.59mg (12.96%), Vitamin E: 1.83mg (12.21%), Vitamin B5: 1.1mg (10.96%), Vitamin B6: 0.21mg (10.49%), Potassium: 310.71mg (8.88%), Vitamin B2: 0.15mg (8.79%), Fiber: 2.03g (8.14%), Calcium: 61mg (6.1%), Iron: 0.89mg (4.93%), Vitamin B1: 0.06mg (3.87%), Vitamin A: 113.7IU (2.27%)