

Crab, Apple & Pomegranate Salad

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/king-crab-salad-chinese-recipe>

Ingredients:

- 1 granny smith apple medium, peeled and sliced, about 1 cup
- 1 shallots small coarsely chopped, about 3 tablespoons
- 1 large garlic clove coarsely chopped
- 3 tablespoons apple cider vinegar
- 3/4 teaspoon salt
- 1/4 teaspoon cracked black pepper fresh
- 2/3 cup olive oil good quality
- 1 pound king crab Alaskan, leg meat
- 1 mango firm but ripe, cut into cubes and peeled
- 2 granny smith apples medium, unpeeled and sliced thin
- 1 cucumber sliced in half length-wise, seeds removed, sliced thin
- 1/2 cup pomegranate seeds
- 1/3 cup chopped cilantro fresh
- 1/4 cup mint fresh chopped
- pepper
- salt

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 30 milligrams
4. Fat: 25 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1060 milligrams
9. Sugar: 17 grams

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