

West Indies Salad

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indies-yellow-bird-recipe>

Ingredients:

- 1 sweet onion medium, finely diced, I prefer Vidalia
- 1 pound fresh crabmeat I use a combination of lump and claw meat
- 4 ounces oil Wesson
- 3 ounces vinegar mild flavored such a rice or Prosecco
- 4 ounces ice water
- salt
- pepper
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Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 16 grams
3. Fat: 57 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 410 milligrams
8. Sugar: 8 grams

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