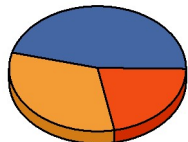




## Crab Corn and Tomato Salad with Lemon-Basil Dressing

Recipe grams: 1126.30g/39.7oz

Serves 4 281.57g/9.9oz per serving



Protein: 46%  
Carbohydrates: 32%  
Fat: 22%

### INGREDIENTS

- 1 tbsp LEMON PEEL, RAW
- 5 tbsp LEMON JUICE, CANNED OR BOTTLED
- 1 tbsp VEGETABLE OIL, OLIVE
- 1 tbsp HONEY, STRAINED OR EXTRACTED
- 1 tsp MUSTARD, PREPARED, DIJON
- 1/4 tsp SALT, TABLE
- 1/8 tsp BLACK PEPPER, GROUND
- 1 cup CORN, YELLOW
- 1/4 cup BASIL, FRESH
- 1/2 cup PEPPER, SWEET, RED, RAW, CHOPPED
- 3 tbsp ONION, RAW, CHOPPED
- 1 lb CRAB, BLUE, CANNED
- 2 cup TOMATO, RED, RIPE, RAW, CHERRY, YEAR ROUND AVERAGE, CHERRY

### DIRECTIONS

Combine first 7 ingredients in a large bowl. Stir well with a whisk.

Add next 5 ingredients and toss gently.

Halve cherry tomatoes and fold in.

Serve over lettuce or in a sandwich.

## Nutrition Facts

Serving Size 1 serving (281.6g)

Servings 1

### Amount Per Serving

**Calories** 200 **Calories from Fat** 45

% Daily Value\*

**Total Fat** 4.5g **7%**

**Saturated Fat** 1g **4%**

**Trans Fat** 0g

**Cholesterol** 110mg **37%**

**Sodium** 640mg **26%**

**Total Carbohydrate** 18g **6%**

**Dietary Fiber** 2g **9%**

**Sugars** 9g

**Protein** 22g

Vitamin A 15%



Vitamin C 80%

Calcium 10%



Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.