



Acadian-Style Crab Salad on Croissants

READY IN

ready

12 min.

SERVINGS

servings

6

CALORIES

calories

293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ribs celery from the heart finely chopped
- ☐ 0.3 cup chili sauce
- ☐ 4 large croissants split
- ☐ 1 teaspoon hot sauce recommended: Tabasco
- ☐ 4 leaves leaf lettuce
- ☐ 12 ounce lump crab fresh 1 pound 300 count shrimp may be substituted
- ☐ 3 tablespoons mayonnaise
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup onion white with a hand grater grated finely chopped

☐ 1 teaspoon worcestershire sauce

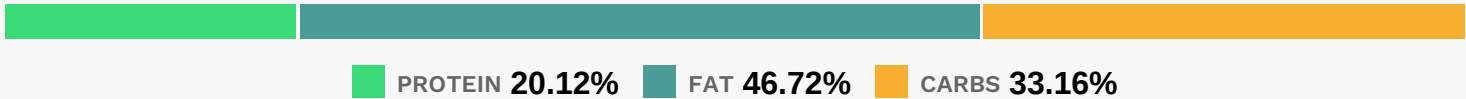
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Run your fingers through the crab meat to remove any bits of shell. In a bowl, combine the celery, onion, mayo, chili, hot sauce and Worcestershire.
- ☐ Add the crab meat to the bowl and mix with a fork. Season with salt and pepper, to your taste. Pile salad on lettuce leaves in croissants.
- ☐ Cut each croissant in thirds on angles, following the shape of the pastry. Arrange sandwiches on a plate and serve.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:13.14, Inflammation Score:-6, Nutrition Score:15.538695453302%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 292.52kcal (14.63%), Fat: 15.02g (23.11%), Saturated Fat: 6.11g (38.19%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 22.22g (8.08%), Sugar: 7.18g (7.97%), Cholesterol: 56.68mg (18.89%), Sodium: 1077.93mg (46.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Vitamin B12: 5.18µg (86.38%), Selenium: 31.16µg (44.51%), Copper: 0.58mg (29.21%), Zinc: 3.77mg (25.14%), Phosphorus: 184.46mg (18.45%), Folate: 72.07µg (18.02%), Vitamin K: 16.76µg (15.97%), Vitamin B1: 0.22mg (14.41%), Vitamin A: 539.06IU (10.78%), Magnesium: 38.75mg (9.69%), Manganese: 0.19mg (9.64%), Vitamin B3: 1.85mg (9.23%), Vitamin C: 7.53mg (9.13%), Vitamin B2: 0.15mg (9.01%), Iron: 1.45mg (8.06%), Potassium: 266.55mg (7.62%), Vitamin B6: 0.15mg (7.46%), Fiber: 1.77g (7.08%), Vitamin B5: 0.64mg (6.37%), Vitamin E: 0.86mg (5.76%), Calcium: 53.79mg (5.38%)