



Alaska King Crab "Nachos"

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 california avocado ripe
- ☐ 0.8 pound alaska king crab leg in shell split frozen thawed cooked (1 leg)
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 tablespoons shallots finely chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon wasabi paste
- ☐ 24 won ton wrappers

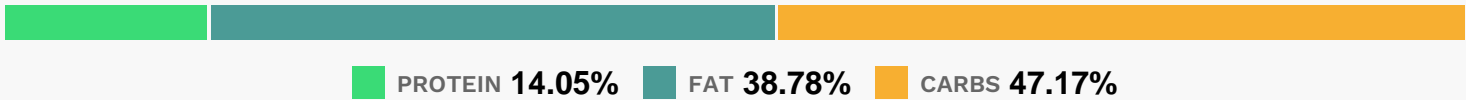
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375°F.
- ☐ Stack 12 won ton wrappers together and trim stack into a 3-inch square. Repeat with remaining won tons.
- ☐ Transfer 1 won ton to an oiled work surface and brush top lightly with some oil. Top with another won ton and brush lightly with oil. Repeat with remaining won tons (this way both sides become lightly oiled).
- ☐ Put 1 won ton into cup of a muffin pan, pressing it gently into bottom and side to form a cup. Repeat with remaining won tons and sprinkle with salt to taste.
- ☐ Bake won ton cups in middle of oven until crisp and golden brown, 7 to 10 minutes.
- ☐ Transfer won ton cups to racks to cool (they will continue to crisp).
- ☐ Scoop flesh from avocado and mash coarsely with a fork. Stir in shallot, 1 tablespoon lime juice, and wasabi to taste. Season with salt and pepper.
- ☐ Remove crab meat from shell and cut into 1/2-inch cubes. Toss crab with remaining tablespoon lime juice and salt to taste.
- ☐ Spoon guacamole into won ton cups and top with crab.
- ☐ · Won ton cups can be made 2 days ahead and kept in an airtight container at cool room temperature.· Guacamole may be made 4 hours ahead. Chill and cover surface with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.202608730482%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.09kcal (2.2%), Fat: 1.93g (2.97%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.56g (1.66%), Sugar: 0.13g (0.14%), Cholesterol: 2.16mg (0.72%), Sodium: 73.23mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Vitamin B12: 0.32µg (5.34%), Selenium: 3.45µg (4.92%), Folate: 15.15µg (3.79%), Manganese: 0.06mg (3.17%), Vitamin B1: 0.05mg (3.13%), Copper: 0.06mg (3.03%), Vitamin B3: 0.6mg (2.98%), Fiber: 0.73g (2.92%), Vitamin K: 2.81µg (2.68%), Vitamin B2: 0.04mg (2.42%), Zinc: 0.32mg (2.15%), Vitamin C: 1.55mg (1.88%), Phosphorus: 18.82mg (1.88%), Iron: 0.33mg (1.83%), Potassium: 58.14mg (1.66%), Vitamin B6: 0.03mg (1.6%), Magnesium: 5.97mg (1.49%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.13mg (1.34%)