



Arctic Circle Crab Crostini

 Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricots
- 1 pound crab meat cooked
- 3 stalks fennel bulb shaved with a mandoline
- 0.5 loaf bread french lightly toasted sliced ()
- 1 lime zest fresh grated juiced
- 1 cup mayonnaise
- 16 small parsley for garnish
- 1 large onion diced red fine

- 16 servings pepper black freshly ground
- 1 teaspoon dijon mustard stone ground
- 1 tablespoon sugar
- 1 large onion diced white

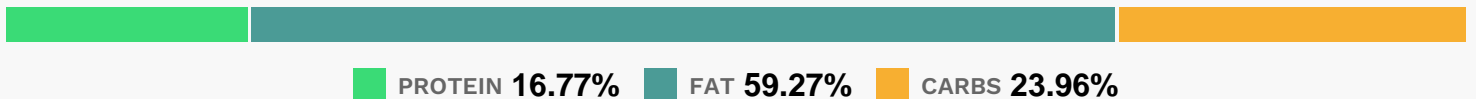
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- melon baller

Directions

- In a small saucepan, combine shaved fennel, onion, sugar and marmalade and cook for 10 minutes over medium-low heat. Set aside to cool to room temperature
- Preheat oven to 375 degrees F.
- Combine onion, lime zest and juice, mustard and mayonnaise in a bowl, and then fold crabmeat into the mixture so that it's just combined and the crab is not broken or mashed. Season with salt and pepper, as needed. Arrange bread on a baking sheet. Using a melon baller, or small scoop, spoon seafood mixture onto bread and bake briefly in oven until seafood balls are lightly browned.
- Garnish crab with marmalade and parsley.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:6.23, Inflammation Score:-4, Nutrition Score:9.1969564453415%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 167.07kcal (8.35%), Fat: 11.01g (16.94%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 9.16g (3.33%), Sugar: 2.66g (2.96%), Cholesterol: 17.79mg (5.93%), Sodium: 406.45mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin B12: 2.57µg (42.8%), Vitamin K: 40.31µg (38.39%), Selenium: 14.44µg (20.63%), Copper: 0.3mg (14.98%), Zinc: 1.9mg (12.64%), Phosphorus: 86.28mg (8.63%), Folate: 34.22µg (8.55%), Vitamin C: 6.33mg (7.68%), Vitamin B1: 0.11mg (7.61%), Manganese: 0.12mg (5.95%), Magnesium: 21.37mg (5.34%), Vitamin B3: 0.99mg (4.96%), Iron: 0.85mg (4.71%), Vitamin B2: 0.08mg (4.54%), Vitamin B6: 0.08mg (4.14%), Vitamin A: 197.88IU (3.96%), Vitamin E: 0.56mg (3.71%), Potassium: 127.03mg (3.63%), Fiber: 0.87g (3.46%), Calcium: 28.9mg (2.89%), Vitamin B5: 0.21mg (2.14%)