



Basil- and Crabmeat-Topped Cucumbers

 Gluten Free

READY IN



40 min.

SERVINGS



36

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium cucumber english
- 3 oz cream cheese softened
- 2 tablespoons salad dressing
- 0.3 cup basil fresh chopped
- 2 tablespoons onion red finely chopped
- 2 teaspoons lemon zest grated
- 1 cup crabmeat frozen thawed flaked cooked
- 2 tablespoons capers

1 leaves basil fresh chopped

Equipment

bowl

hand mixer

Directions

Score cucumber lengthwise with tines of fork if desired.

Cut into 36 (1/4-inch) slices.

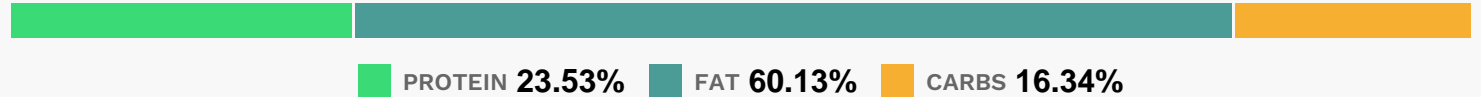
In small bowl, beat cream cheese with electric mixer on low speed until creamy. Beat in mayonnaise until well blended. Stir in chopped basil, onion, lemon peel and crabmeat.

Spread or pipe about 1 teaspoon crabmeat mixture on each cucumber slice.

Sprinkle with capers.

Garnish with basil leaves.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.94347826294277%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 14.92kcal (0.75%), Fat: 1.02g (1.57%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.34g (0.38%), Cholesterol: 6.02mg (2.01%), Sodium: 48.76mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Selenium: 1.86µg (2.66%), Vitamin K: 2.72µg (2.59%), Vitamin B12: 0.13µg (2.17%), Copper: 0.04mg (1.86%), Phosphorus: 13.74mg (1.37%), Zinc: 0.18mg (1.17%), Vitamin A: 51.04IU (1.02%)