



## Basil- and Crabmeat-Topped Cucumbers

 Gluten Free

READY IN



40 min.

SERVINGS



36

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

☐ 2 tablespoons salad dressing

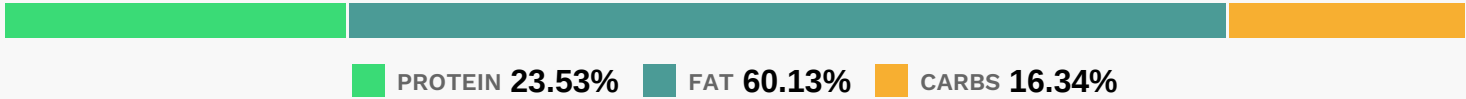
Equipment

- ☐ 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: Og (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%)