



Belgian Endive with Crab

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

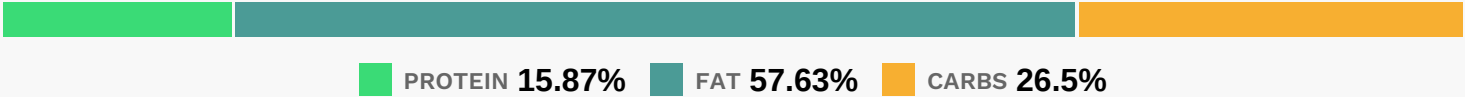
- ☐ 32 belgian endive leaves white red rinsed from
- ☐ 0.3 pound surimi crab sticks shelled cooked
- ☐ 8 oz cream cheese
- ☐ 3 tablespoons green onions minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon pepper white
- ☐ 1 tablespoon white wine worcestershire

Equipment

Directions

- ☐ Mix cheese with 1 tablespoon onions, lemon juice, Worcestershire, and pepper.
- ☐ Add crab and stir to mix.
- ☐ Mound 2 teaspoons crab filling at stem end of each endive leaf.
- ☐ Garnish with remaining green onions. Set leaves, filling side up, on a platter.

Nutrition Facts



Properties

Glycemic Index:2.31, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.2682608832484%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 37.47kcal (1.87%), Fat: 2.52g (3.88%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.3g (0.33%), Cholesterol: 10.6mg (3.53%), Sodium: 43.38mg (1.89%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 1.56g (3.12%), Fiber: 1.66g (6.65%), Folate: 22.52µg (5.63%), Potassium: 132.74mg (3.79%), Selenium: 2.24µg (3.2%), Phosphorus: 30.01mg (3%), Manganese: 0.06mg (2.93%), Copper: 0.06mg (2.89%), Vitamin B1: 0.04mg (2.38%), Vitamin A: 116.26IU (2.33%), Vitamin C: 1.89mg (2.29%), Vitamin B12: 0.13µg (2.23%), Calcium: 20.69mg (2.07%), Vitamin B2: 0.03mg (2.03%), Magnesium: 7.42mg (1.85%), Zinc: 0.26mg (1.72%), Vitamin B6: 0.03mg (1.63%), Vitamin B5: 0.15mg (1.54%), Vitamin K: 1.33µg (1.26%)