



Buster Crab, Lettuce, and Tomato Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup alfalfa sprouts
- ☐ 1 teaspoon balsamic vinegar
- ☐ 4 slices sandwich bread white thick toasted
- ☐ 0.5 cup cornmeal
- ☐ 1 large eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon chives fresh minced
- ☐ 2 garlic clove pressed

- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 4 pie crust dough
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil

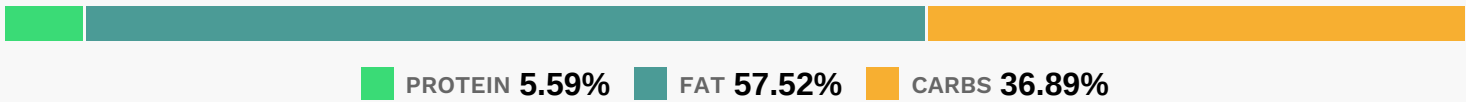
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Stir together mayonnaise and garlic; cover and chill until ready to serve.
- ☐ Whisk together olive oil and next 4 ingredients for a vinaigrette; add tomatoes, and toss well.
- ☐ Combine flour and next 3 ingredients. Dip crabs into egg, and dredge in flour mixture. Saut crabs in hot vegetable oil in a large skillet 2 to 3 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Spread 1 tablespoon mayonnaise mixture on each toasted bread slice; top with crab and 1/4 cup tomato vinaigrette. Dollop with extra mayonnaise mixture, if desired, and top with micro greens or sprouts.

Nutrition Facts



Properties

Glycemic Index:123.82, Glycemic Load:26.77, Inflammation Score:-7, Nutrition Score:25.642173901848%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 1348.28kcal (67.41%), Fat: 85.9g (132.15%), Saturated Fat: 20.55g (128.45%), Carbohydrates: 123.94g (41.31%), Net Carbohydrates: 116.26g (42.28%), Sugar: 3.08g (3.42%), Cholesterol: 58.26mg (19.42%), Sodium: 1449.88mg (63.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.56%), Vitamin K: 89.56µg (85.29%), Manganese: 1.24mg (61.87%), Vitamin B1: 0.8mg (53.53%), Folate: 195.91µg (48.98%), Iron: 7.06mg (39.21%), Selenium: 26.7µg (38.14%), Vitamin B3: 7.45mg (37.24%), Fiber: 7.68g (30.73%), Vitamin B2: 0.52mg (30.52%), Phosphorus: 256.16mg (25.62%), Vitamin E: 3.79mg (25.29%), Magnesium: 64.3mg (16.07%), Vitamin B6: 0.31mg (15.27%), Copper: 0.28mg (13.82%), Zinc: 2.02mg (13.46%), Vitamin B5: 1.31mg (13.06%), Potassium: 398.03mg (11.37%), Calcium: 106.51mg (10.65%), Vitamin A: 407.74IU (8.15%), Vitamin C: 5.81mg (7.05%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.31µg (2.04%)