



Chilled Pea Shots with Spicy Crab

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



70 min.

SERVINGS



15

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup canola oil
- 3 tablespoons canola oil
- 1 tablespoon chili paste depending on your taste pref red such as sambal
- 0.3 bunch mint leaves fresh chopped
- 0.5 juice of lemon juiced
- 1 cup lump crab meat fresh
- 2 cups peas sweet frozen thaw
- 1 pinch sea salt

- 15 servings sea salt and pepper black freshly ground
- 14.5 ounce vegetable broth canned

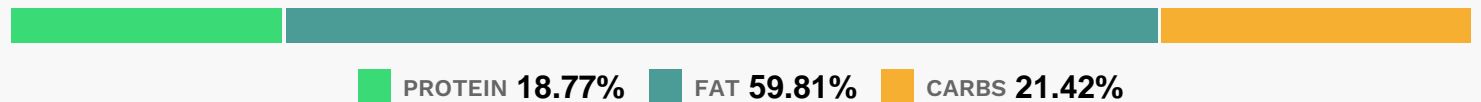
Equipment

- bowl
- whisk
- blender

Directions

- Blend the peas and vegetable broth in a blender until smooth. Take the lid off and, with the motor running, pour in the oil in a steady stream to emulsify the mixture.
- Add the lemon juice then chill in the refrigerator for 1 hour.
- To make the spicy crab, whisk the canola oil, chili paste, and lemon juice together in a bowl. Fold in the crabmeat and mint and season with a pinch of salt. Fill espresso or sake cups, about 3/4 full, with the chilled pea soup.
- Garnish the pea shots with a generous tablespoon of the spicy crab and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:0.92, Inflammation Score:-3, Nutrition Score:4.477826030358%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 66.02kcal (3.3%), Fat: 4.45g (6.84%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.44g (0.89%), Sugar: 1.45g (1.61%), Cholesterol: 4.7mg (1.57%), Sodium: 207.06mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin B12: 1.01µg (16.8%), Vitamin C: 9.1mg (11.03%), Vitamin K: 8.03µg (7.65%), Copper: 0.14mg (7.02%), Selenium: 4.44µg (6.35%), Zinc: 0.91mg (6.07%), Vitamin E: 0.78mg (5.21%), Manganese: 0.1mg (4.84%), Phosphorus: 46.25mg (4.62%), Fiber: 1.14g (4.56%), Folate: 17.89µg

(4.47%), Vitamin A: 214.52IU (4.29%), Vitamin B1: 0.06mg (3.84%), Magnesium: 12.28mg (3.07%), Vitamin B3: 0.55mg (2.74%), Vitamin B6: 0.05mg (2.6%), Potassium: 76.71mg (2.19%), Iron: 0.37mg (2.07%), Vitamin B2: 0.03mg (1.86%), Calcium: 10.87mg (1.09%)