



Chipotle-Lime Crab Crisps



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



101 kcal

Ingredients

- ☐ 1 medium avocado diced peeled
- ☐ 48 baked tortilla chips
- ☐ 1 tablespoon celery finely chopped
- ☐ 1 teaspoon chipotle chile in adobo sauce canned chopped
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 2 tablespoons jicama peeled finely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup mayonnaise reduced-fat

- ☐ 0.8 pound lump crab meat
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 tablespoons bell pepper red finely chopped

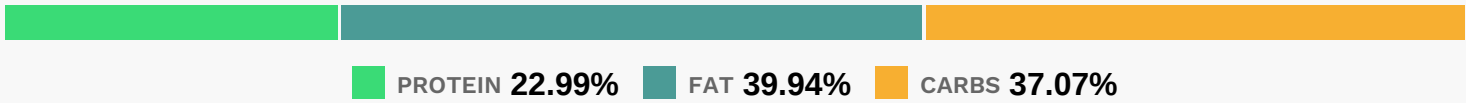
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Arrange tortilla chips in a single layer on 2 baking sheets.
- ☐ Combine mayonnaise, chile, and juice, stirring with a whisk.
- ☐ Combine crab and next 6 ingredients (through celery) in a medium bowl.
- ☐ Add mayonnaise mixture, stirring until well combined. Spoon about 1 tablespoon crab mixture onto each chip.
- ☐ Bake at 350 for 5 minutes or until thoroughly heated; top the chips evenly with avocado.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:6.2465217656092%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 100.68kcal (5.03%), Fat: 4.51g (6.93%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 7.91g (2.88%), Sugar: 0.55g (0.61%), Cholesterol: 11.26mg (3.75%), Sodium: 303.3mg (13.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Vitamin B12: 1.93µg (32.25%), Selenium: 9.81µg (14.01%), Copper: 0.23mg (11.7%), Zinc: 1.51mg (10.09%), Phosphorus: 96.25mg (9.63%), Vitamin K: 8.37µg (7.97%), Vitamin C: 5.08mg (6.15%), Magnesium: 24.37mg (6.09%), Fiber: 1.5g (5.99%), Folate: 22.92µg (5.73%), Calcium: 48.2mg (4.82%), Vitamin B6: 0.09mg (4.38%), Potassium: 142.54mg (4.07%), Vitamin B2: 0.06mg (3.48%), Vitamin E: 0.52mg (3.48%), Vitamin B5: 0.27mg (2.7%), Vitamin B1: 0.04mg (2.69%), Vitamin B3: 0.52mg (2.59%), Iron: 0.4mg (2.22%), Vitamin A: 101.91IU (2.04%), Manganese: 0.03mg (1.53%)