



WHATSheATE



Crab and Celery Remoulade

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 0.5 cup celery finely chopped
- ☐ 3 tablespoons chives fresh chopped for garnish
- ☐ 8 ounces crab meat fresh picked over
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 8 servings pita chips
- ☐ 0.3 cup cream sour

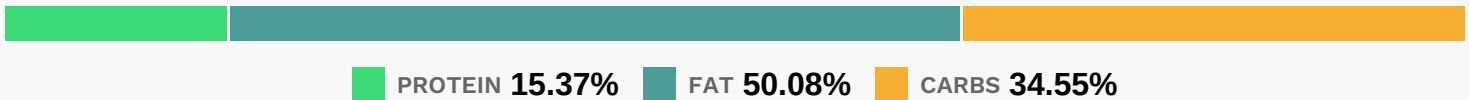
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 3 ingredients in medium bowl to blend. Stir in crab meat, celery, 3 tablespoons chopped chives, and lemon juice. Season with pepper. DO AHEAD: Can be made 6 hours ahead. Cover and chill.
- ☐ Transfer remoulade to serving bowl; surround with pita chips.
- ☐ Garnish with additional chives and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:10.499130399007%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 231.34kcal (11.57%), Fat: 12.83g (19.74%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 18.69g (6.8%), Sugar: 1.79g (1.99%), Cholesterol: 20.07mg (6.69%), Sodium: 570.41mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.73%), Vitamin B12: 2.58µg (42.96%), Selenium: 20.12µg (28.74%), Vitamin K: 20.15µg (19.19%), Copper: 0.31mg (15.6%), Vitamin E: 2.3mg (15.37%), Folate: 55.23µg (13.81%), Zinc: 2.01mg (13.41%), Vitamin B3: 2.33mg (11.63%), Vitamin B1: 0.17mg (11.61%), Phosphorus: 106.65mg (10.66%), Manganese: 0.21mg (10.34%), Iron: 1.53mg (8.48%), Vitamin B2: 0.12mg (6.97%), Magnesium: 26.67mg (6.67%), Fiber: 1.23g (4.92%), Vitamin C: 3.67mg (4.44%), Vitamin B6: 0.08mg (4.2%), Potassium: 126.88mg (3.63%), Vitamin

B5: 0.3mg (3.01%), Calcium: 29.88mg (2.99%), Vitamin A: 136.46IU (2.73%)