Crab and Lemon Bruschetta

READY IN	SERVINGS	CALORIES
21 min.	6	376 kcal

ANTIPASTI | STARTER | SNACK | APPETIZER

Ingredients

- [ ] 0.3 teaspoon pepper black freshly ground
- [ ] 0.1 teaspoon cayenne pepper
- [ ] 1 ciabatta loaf cut into 12 (1/) slices
- [ ] 0.3 cup chives fresh chopped
- [ ] 1 clove garlic peeled halved
- [ ] 0.3 teaspoon kosher salt
- [ ] 0.5 teaspoon kosher salt
- [ ] 3 tablespoons juice of lemon fresh (1 large lemon)
- [ ] 1 large lemon zest

- [ ] 8 ounces lump crab meat
- [ ] 0.3 cup mayonnaise
- [ ] 0.3 cup olive oil
- [ ] 3 tablespoons greek yogurt plain

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] oven

Directions

- [ ] Watch how to make this recipe.
- [ ] Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Arrange the bread slices in a single layer on a heavy baking sheet.
- [ ] Drizzle both sides of the bread with the oil. Season with salt and bake until light golden, about 10 minutes. Cool for 1 minute, and then rub the toasts with the cut side of the garlic.
- [ ] For the crab: In a small bowl, gently combine the crab, lemon juice, chives, and salt.
- [ ] For the mayonnaise: In a small bowl, combine the mayonnaise, yogurt, lemon zest, salt, and cayenne pepper.
- [ ] Divide the crabmeat evenly and place on top of the toasts. Dollop with about 1 teaspoon of the mayonnaise mixture and serve immediately.

Nutrition Facts

PROTEIN **15.25%** FAT **45.86%** CARBS **38.89%**

Properties

Glycemic Index:31.5, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:9.2030434731556%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 375.97kcal (18.8%), Fat: 19.13g (29.44%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 35.47g (12.9%), Sugar: 0.59g (0.65%), Cholesterol: 21.48mg (7.16%), Sodium: 1056.39mg (45.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Vitamin B12: 3.47µg (57.82%), Vitamin K: 29.43µg (28.03%), Selenium: 14.9µg (21.28%), Copper: 0.36mg (17.99%), Zinc: 2.33mg (15.54%), Vitamin E: 1.74mg (11.57%), Phosphorus: 98.3mg (9.83%), Vitamin C: 7.99mg (9.69%), Folate: 21.23µg (5.31%), Magnesium: 21.11mg (5.28%), Fiber: 1.04g (4.15%), Vitamin B6: 0.08mg (3.87%), Calcium: 31.64mg (3.16%), Potassium: 108.53mg (3.1%), Vitamin B2: 0.04mg (2.62%), Vitamin B3: 0.46mg (2.31%), Vitamin A: 108.8IU (2.18%), Manganese: 0.04mg (2.12%), Iron: 0.37mg (2.04%), Vitamin B5: 0.2mg (2.01%), Vitamin B1: 0.02mg (1.6%)