



Crab and Swiss Melts

READY IN



20 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup crabmeat cooked
- 8 ounce cream cheese softened
- 1 tablespoon parsley fresh chopped for garnish
- 1 clove garlic chopped
- 4 slices bread crumbs italian thick cut in half
- 4 servings hot sauce hot to taste
- 4 servings salt and pepper to taste
- 1.5 cups swiss cheese shredded

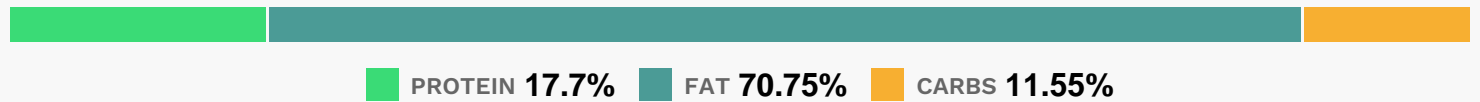
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- Beat the cream cheese in a medium bowl until fluffy.
- Mix in crab, garlic, salt, pepper and hot sauce.
- Spread onto bread slices and top with Swiss cheese.
- Place on a baking sheet.
- Bake for 10 to 15 minutes in the preheated oven, until the cheese has melted and browned slightly.
- Sprinkle with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:14.877391452375%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 498.71kcal (24.94%), Fat: 39.38g (60.59%), Saturated Fat: 22.73g (142.09%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 13.72g (4.99%), Sugar: 8.33g (9.25%), Cholesterol: 127.67mg (42.56%), Sodium: 714.29mg (31.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.32%), Selenium: 31.65µg (45.22%), Calcium: 449.03mg (44.9%), Vitamin B12: 2.47µg (41.2%), Phosphorus: 381.25mg (38.13%), Vitamin A:

1182.76IU (23.66%), Zinc: 3.4mg (22.66%), Vitamin B2: 0.3mg (17.91%), Vitamin K: 18.27µg (17.4%), Copper: 0.31mg (15.39%), Folate: 40.11µg (10.03%), Vitamin B3: 1.92mg (9.61%), Vitamin E: 1.36mg (9.07%), Magnesium: 34.72mg (8.68%), Vitamin B5: 0.84mg (8.42%), Potassium: 243.14mg (6.95%), Vitamin B6: 0.12mg (6.16%), Iron: 0.78mg (4.34%), Vitamin B1: 0.06mg (3.71%), Vitamin C: 2.75mg (3.34%), Fiber: 0.75g (3%), Manganese: 0.05mg (2.4%)