



Crab & avocado sesame toasts



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



16

CALORIES



110 kcal

Ingredients

- ☐ 100 g guacamole
- ☐ 16 shop-bought crostini
- ☐ 200 g crab meat white
- ☐ 2 tbsp sesame seed
- ☐ 16 servings lime wedges

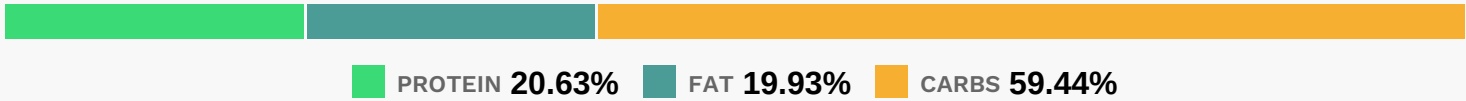
Equipment

- ☐ frying pan

Directions

- ☐ Divide the guacamole between the crostini. Top each one with a spoonful of crabmeat. Toast the sesame seeds in a pan, then sprinkle over each crostini.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:10.68, Inflammation Score:-2, Nutrition Score:6.4078261126643%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 110.13kcal (5.51%), Fat: 2.43g (3.74%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.04g (5.47%), Sugar: 1.56g (1.74%), Cholesterol: 5.25mg (1.75%), Sodium: 302.84mg (13.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Vitamin B12: 1.13µg (18.75%), Selenium: 10.47µg (14.96%), Vitamin B1: 0.2mg (13.67%), Folate: 45.97µg (11.49%), Copper: 0.21mg (10.62%), Manganese: 0.19mg (9.47%), Vitamin B3: 1.75mg (8.76%), Iron: 1.38mg (7.68%), Zinc: 1.12mg (7.5%), Vitamin B2: 0.12mg (7.01%), Phosphorus: 68.28mg (6.83%), Calcium: 51.4mg (5.14%), Magnesium: 20.27mg (5.07%), Fiber: 1.25g (5.01%), Vitamin B6: 0.08mg (3.87%), Potassium: 101.78mg (2.91%), Vitamin B5: 0.25mg (2.54%), Vitamin K: 2.28µg (2.17%), Vitamin C: 1.79mg (2.17%), Vitamin E: 0.23mg (1.51%)