



Crab, Chile & Mint Crostini

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons mayonnaise
- ☐ 12 slices bread
- ☐ 12 servings mint leaves fresh thinly sliced for garnish
- ☐ 12 servings pepper black freshly ground
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 ounces lump crab meat cooked
- ☐ 1 mint leaves fresh finely chopped
- ☐ 12 servings jalapeno red minced stemmed seeded

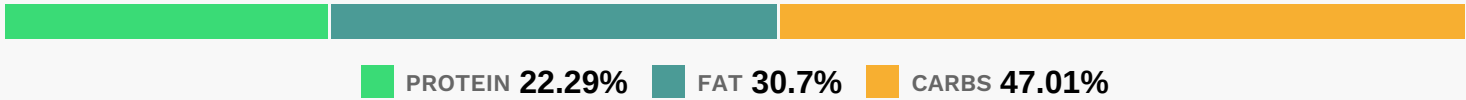
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Grill 12 slices bread.
- ☐ Gently combine crabmeat in a bowl with aioli or mayonnaise, lime juice, finely chopped fresh mint, and Fresno chile or red jalape&nitlde;o. Season with kosher salt and freshly ground black pepper.
- ☐ Spoon about 1 tablespoon crab mixture onto each toast and garnish with thinly sliced fresh mint.

Nutrition Facts



Properties

Glycemic Index:15.47, Glycemic Load:7.2, Inflammation Score:-2, Nutrition Score:7.5400000054227%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 118.43kcal (5.92%), Fat: 4.02g (6.18%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 12.59g (4.58%), Sugar: 1.72g (1.91%), Cholesterol: 9.41mg (3.14%), Sodium: 313.16mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Vitamin B12: 1.71µg (28.42%), Selenium: 15.04µg (21.48%), Manganese: 0.37mg (18.42%), Copper: 0.22mg (11.16%), Zinc: 1.44mg (9.59%), Vitamin B3: 1.81mg (9.04%), Folate: 34.02µg (8.51%), Vitamin B1: 0.13mg (8.39%), Phosphorus: 79.97mg (8%), Vitamin K: 7.4µg (7.04%), Iron: 1.2mg (6.69%), Magnesium: 22.24mg (5.56%), Fiber: 1.26g (5.03%), Vitamin B2: 0.08mg (4.92%), Calcium: 47.54mg (4.75%), Vitamin C: 3.91mg (4.74%), Vitamin B6: 0.07mg (3.37%), Vitamin B5: 0.31mg (3.12%), Potassium: 92.37mg (2.64%), Vitamin A: 64.71IU (1.29%), Vitamin E: 0.18mg (1.21%)