



Crab Cocktail with Parmesan Chips

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon basil fresh chopped
- ☐ 1 teaspoon chives fresh minced
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 ounces lump crab meat

- ☐ 2 tablespoons mangos peeled finely chopped
- ☐ 0.5 teaspoon olive oil
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 0.3 teaspoon hot sauce hot
- ☐ 2 tablespoons pineapple fresh finely chopped
- ☐ 1 tablespoon bell pepper red finely chopped
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

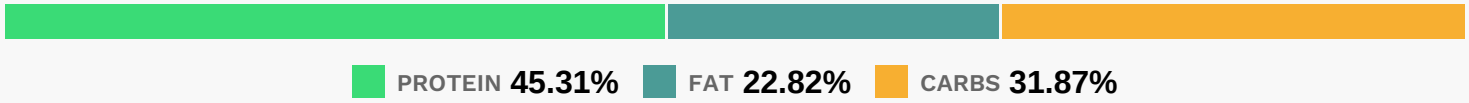
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ spatula

Directions

- ☐ To prepare crab mixture, combine first 13 ingredients in a medium bowl, stirring well with a whisk.
- ☐ Add crabmeat; toss gently to coat. Cover and chill until ready to use.
- ☐ To prepare salsa, combine pineapple, mango, bell pepper, and chives; cover and chill until ready to use.
- ☐ Preheat oven to 35

- ☐ To prepare chips, spread 1 tablespoon cheese into a 3-inch circle on a baking sheet. Repeat procedure with remaining 1 tablespoon cheese, leaving at least 2 inches between circles.
- ☐ Bake at 350 for 8 minutes or until cheese begins to brown.
- ☐ Remove pan from oven; carefully lift chips from pan with a spatula, and place on a wire rack. Cool completely.
- ☐ Spoon 1/2 cup crab mixture into each of 2 martini glasses or small bowls; top each serving with 2 tablespoons salsa and 1 chip.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:274.25, Glycemic Load:4.21, Inflammation Score:-6, Nutrition Score:14.241304477272%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 114.74kcal (5.74%), Fat: 2.91g (4.48%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.18g (2.97%), Sugar: 6.39g (7.1%), Cholesterol: 27.21mg (9.07%), Sodium: 762.13mg (33.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13g (26.01%), Vitamin B12: 5.16µg (86.05%), Selenium: 23.07µg (32.96%), Vitamin C: 25.61mg (31.04%), Copper: 0.58mg (29.11%), Zinc: 3.66mg (24.38%), Phosphorus: 176.53mg (17.65%), Manganese: 0.32mg (16.19%), Calcium: 110mg (11%), Folate: 42.35µg (10.59%), Magnesium: 40.92mg (10.23%), Vitamin B6: 0.2mg (10.1%), Vitamin A: 438.16IU (8.76%), Potassium: 248.32mg (7.09%), Iron: 1.05mg (5.81%), Vitamin B3: 1mg (4.99%), Vitamin B2: 0.08mg (4.53%), Vitamin B1: 0.06mg (4.02%), Fiber: 0.97g (3.87%), Vitamin B5: 0.33mg (3.35%), Vitamin K: 3.25µg (3.09%), Vitamin E: 0.38mg (2.57%)