



Crab Crostini

READY IN



107 min.

SERVINGS



35

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz bread baguette french
- 2 tablespoons butter melted
- 2 tablespoons cooking sherry dry
- 1 tablespoon parsley fresh chopped
- 2 teaspoons green onion minced
- 35 servings garnish: green onion curls
- 1.5 teaspoons hot sauce
- 2 teaspoons juice of lemon fresh
- 1 teaspoon lemon zest

- 1 pound lump crab meat fresh drained
- 2 tablespoons mayonnaise
- 0.3 teaspoon pepper
- 0.8 teaspoon salt divided
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 35
- Cut bread diagonally into 1/4-inch-thick slices (about 40 slices).
- Place on a baking sheet.
- Brush tops with butter.
- Bake 12 to 14 minutes or until golden brown. (Bread may be stored in an airtight container up to 3 days.)
- Pick crabmeat, removing any bits of shell. Gently toss crab with sherry, parsley, hot sauce, and 1/2 tsp. salt in a bowl; cover and chill 1 to 24 hours.
- Meanwhile, stir together sour cream, next 5 ingredients, and remaining 1/4 tsp. salt until blended; cover and chill 1 hour to 3 days.
- Spoon rounded 1/2 tsp. sour cream mixture onto each bread slice; top each bread slice evenly with crab mixture.
- Garnish, if desired.
- Serve immediately.

Nutrition Facts



PROTEIN 25.74% **FAT 35.8%** **CARBS 38.46%**

Properties

Glycemic Index:9.24, Glycemic Load:3.67, Inflammation Score:-2, Nutrition Score:4.4408695520428%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 55.65kcal (2.78%), Fat: 2.19g (3.37%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.93g (1.79%), Sugar: 0.69g (0.77%), Cholesterol: 9.44mg (3.15%), Sodium: 228.68mg (9.94%), Alcohol: 0.09g (100%), Alcohol %: 0.32% (100%), Protein: 3.55g (7.09%), Vitamin B12: 1.18µg (19.59%), Vitamin K: 16.03µg (15.27%), Selenium: 7.45µg (10.65%), Copper: 0.14mg (6.97%), Zinc: 0.9mg (6.02%), Folate: 21.1µg (5.27%), Vitamin B1: 0.07mg (4.89%), Phosphorus: 43.15mg (4.31%), Vitamin B2: 0.05mg (3.23%), Manganese: 0.06mg (3.23%), Vitamin C: 2.55mg (3.09%), Vitamin B3: 0.61mg (3.06%), Iron: 0.53mg (2.96%), Magnesium: 10.98mg (2.74%), Vitamin A: 115.08IU (2.3%), Calcium: 19.01mg (1.9%), Vitamin B6: 0.04mg (1.76%), Potassium: 60.27mg (1.72%), Fiber: 0.37g (1.48%)