



## Crab Delights

READY IN



20 min.

SERVINGS



10

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup butter softened
- 6 ounce crab meat drained canned
- 6 muffins split english
- 2 tablespoons parsley fresh chopped
- 1 pinch garlic salt
- 2 tablespoons mayonnaise
- 5 ounces sharp processed cheese spread

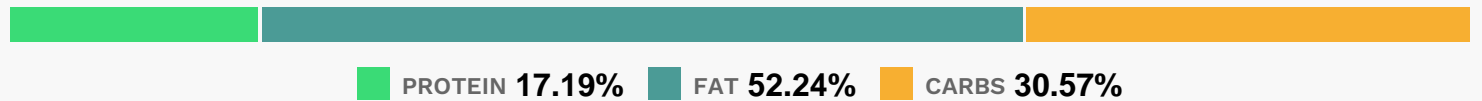
## Equipment

- baking sheet
- oven
- mixing bowl

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a medium-size mixing bowl, combine crabmeat, cheese spread, butter or margarine, mayonnaise, garlic salt, and parsley.
- Mix well, and spread on English muffins.
- Cut the muffins into quarters and arrange them on a cookie sheet.
- Bake at 400 degrees F (200 degrees C) for 15 minutes. Broil the muffins for the last minute to get them toasted.

## Nutrition Facts



## Properties

Glycemic Index:23.4, Glycemic Load:11.22, Inflammation Score:-3, Nutrition Score:6.9421739319096%

## Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

## Nutrients (% of daily need)

Calories: 212.34kcal (10.62%), Fat: 12.26g (18.87%), Saturated Fat: 6.09g (38.06%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 15.2g (5.53%), Sugar: 0.07g (0.08%), Cholesterol: 44.05mg (14.68%), Sodium: 405.75mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.16%), Vitamin K: 18.47µg (17.59%), Selenium: 11.43µg (16.33%), Phosphorus: 152.62mg (15.26%), Calcium: 136.17mg (13.62%), Vitamin B12: 0.74µg (12.39%), Zinc: 1.43mg (9.5%), Copper: 0.19mg (9.45%), Vitamin B2: 0.13mg (7.9%), Vitamin A: 353.4IU (7.07%), Manganese: 0.14mg (6.88%), Folate: 25.83µg (6.46%), Vitamin B3: 1.02mg (5.12%), Vitamin B1: 0.07mg (4.75%), Magnesium: 17.67mg (4.42%), Vitamin E: 0.65mg (4.33%), Vitamin B5: 0.39mg (3.95%), Fiber: 0.95g (3.8%), Potassium: 106.13mg (3.03%), Vitamin B6: 0.05mg (2.61%), Iron: 0.47mg (2.6%), Vitamin C: 1.66mg (2.01%)