



Crab Meat and Beet Purée on Granny Smith Apple

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon balsamic vinegar
- 0.3 pound beet
- 1.5 tablespoons chives fresh finely chopped
- 1 large apples i use 2 granny smith apples
- 1.5 teaspoons juice of lemon fresh
- 0.5 pound lump crab meat
- 1.5 tablespoons cup heavy whipping cream sour

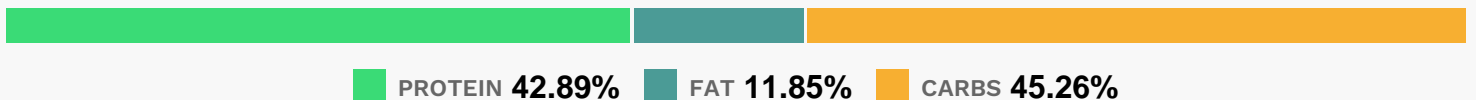
Equipment

- bowl
- oven
- baking pan
- aluminum foil
- mortar and pestle

Directions

- Preheat oven to 450°F.
- Trim beet, leaving about 1 inch of stem attached, and wrap tightly in foil. In a small baking pan roast beet in middle of oven until tender, about 1 hour.
- Pick over crab meat to remove any bits of shell and cartilage. Slightly break up large pieces of crab meat and in a small bowl stir together with chives, lemon juice, 1 tablespoon sour cream, and salt and pepper to taste. Crab mixture may be made 6 hours ahead and chilled, covered.
- Unwrap beet carefully. When beet is just cool enough to handle, slip off skin and stem and cut beet into a few pieces. While beet is still warm, using a mortar and pestle mash beet until smooth. In a small bowl stir together mashed beet, vinegar, remaining , tablespoon sour cream, and salt and pepper to taste. Beet purée may be made 1 day ahead and chilled, covered.
- Cut apple through stem end into quarters and core.
- Cut apple quarters crosswise into 1/4-inch-thick slices. Top each apple slice with 1/4 teaspoon beet purée and some crab mixture.

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:1.5504347662563%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 12.95kcal (0.65%), Fat: 0.17g (0.27%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.18g (0.43%), Sugar: 1.1g (1.22%), Cholesterol: 3.31mg (1.1%), Sodium: 63.22mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin B12: 0.64µg (10.65%), Selenium: 2.64µg (3.76%), Copper: 0.07mg (3.56%), Zinc: 0.44mg (2.96%), Folate: 8.71µg (2.18%), Phosphorus: 18.74mg (1.87%), Vitamin C: 1.23mg (1.49%), Magnesium: 5.06mg (1.26%), Fiber: 0.3g (1.22%), Potassium: 38.81mg (1.11%), Manganese: 0.02mg (1.06%)