



Crab Melt-Aways

READY IN



20 min.

SERVINGS



12

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter softened
- 6 oz crab meat flaked drained canned
- 0.3 tsp garlic powder
- 1 Tbsp real mayo mayonnaise kraft
- 24 slices cocktail pumpernickel bread toasted
- 0.5 cup red pepper and green onions finely chopped
- 0.3 tsp lawry's seasoned salt
- 5 oz old sharp pasteurized process cheese spread english kraft

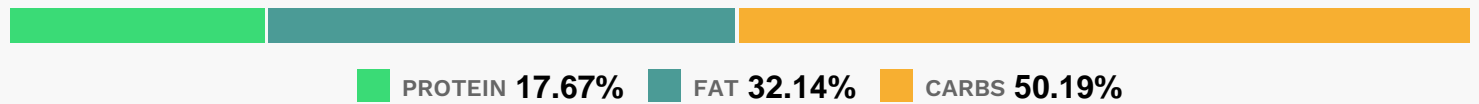
Equipment

- baking sheet
- broiler

Directions

- Preheat broiler to high heat.
- Mix all ingredients except toast slices; spread evenly onto toast slices.
- Place on baking sheet.
- Broil until lightly browned.
- Garnish each appetizer with 1 tsp. each red pepper and green onion.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:14.86, Inflammation Score:-5, Nutrition Score:12.814782588378%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 246.38kcal (12.32%), Fat: 8.86g (13.63%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 26.84g (9.76%), Sugar: 0.65g (0.72%), Cholesterol: 26.04mg (8.68%), Sodium: 616.54mg (26.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.92%), Manganese: 0.85mg (42.73%), Selenium: 25.15µg (35.93%), Phosphorus: 203.85mg (20.38%), Folate: 72.2µg (18.05%), Fiber: 4.3g (17.18%), Vitamin B2: 0.27mg (15.7%), Copper: 0.3mg (15.23%), Vitamin B1: 0.22mg (14.66%), Calcium: 141.24mg (14.12%), Zinc: 1.94mg (12.93%), Vitamin B3: 2.44mg (12.18%), Magnesium: 43.73mg (10.93%), Iron: 1.96mg (10.89%), Vitamin C: 8.42mg (10.21%), Vitamin B12: 0.6µg (10.02%), Vitamin A: 397.24IU (7.94%), Vitamin B6: 0.13mg (6.52%), Potassium: 194.02mg (5.54%), Vitamin E: 0.83mg (5.51%), Vitamin B5: 0.47mg (4.73%), Vitamin K: 3.02µg (2.87%)