



Crab Mousse

 Gluten Free

READY IN



197 min.

SERVINGS



6

CALORIES



202 kcal

Ingredients

- ☐ 1 cup celery finely chopped
- ☐ 8 ounce cream cheese
- ☐ 10 ounce cream of mushroom soup canned
- ☐ 1 envelope gelatin powder unflavored softened
- ☐ 0.3 cup green onion chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 8 ounces lump crab meat
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 1 teaspoon worcestershire sauce

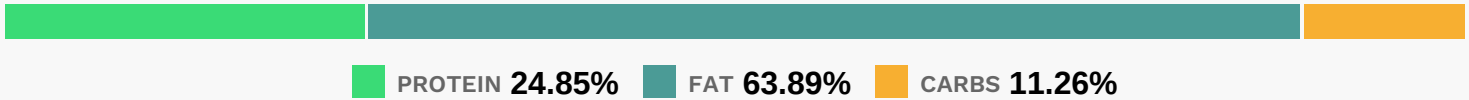
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Grease a 3-cup seafood mold.
- ☐ Combine the soup, cream cheese, and softened gelatin in a saucepan and heat until hot and bubbly, about 5 minutes. Stir well to make sure that the gelatin is completely dissolved and that there are no lumps.
- ☐ Add the crabmeat, celery, green onions, lemon juice, Worcestershire sauce, and seasoned salt. Stir gently but thoroughly.
- ☐ Spoon the mixture into the prepared mold and smooth the top with a spatula or knife. Cover with plastic wrap.
- ☐ Transfer to the refrigerator and chill until firm, about 3 to 6 hours.
- ☐ When ready to serve, remove the plastic wrap and loosen the edges of the mousse by running a knife around the sides. Invert onto a serving dish. The mousse will slip out in a few minutes.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:10.866521705752%

Flavonoids

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 Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg,

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 201.79kcal (10.09%), Fat: 14.41g (22.17%), Saturated Fat: 8.25g (51.54%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.23g (1.9%), Sugar: 1.91g (2.12%), Cholesterol: 56.42mg (18.81%), Sodium: 896.03mg (38.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.22%), Vitamin B12: 3.56µg (59.35%), Selenium: 17.57µg (25.1%), Copper: 0.49mg (24.34%), Zinc: 3mg (20.01%), Phosphorus: 143.76mg (14.38%), Vitamin K: 14.36µg (13.68%), Vitamin A: 634.78IU (12.7%), Manganese: 0.18mg (9.25%), Vitamin B2: 0.15mg (8.75%), Folate: 33µg (8.25%), Potassium: 252.59mg (7.22%), Magnesium: 28.46mg (7.11%), Calcium: 67.6mg (6.76%), Vitamin C: 5.05mg (6.12%), Vitamin B6: 0.11mg (5.65%), Vitamin B5: 0.49mg (4.87%), Vitamin B3: 0.96mg (4.81%), Iron: 0.76mg (4.22%), Vitamin B1: 0.04mg (2.79%), Vitamin E: 0.4mg (2.65%), Fiber: 0.48g (1.92%)