

Crab Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



56 kcal

Ingredients

- ☐ 8 ounces crab meat fresh drained
- ☐ 1 teaspoon mustard dry
- ☐ 1 cup milk fat-free
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 0.3 teaspoon hot sauce
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 8 ounce cream cheese light softened
- ☐ 1 tablespoon onion grated
- ☐ 0.3 teaspoon paprika

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water cold

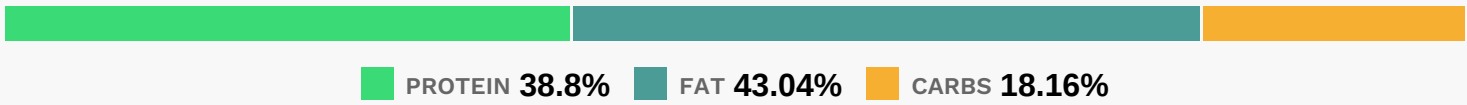
Equipment

- ☐ sauce pan
- ☐ measuring cup

Directions

- ☐ Sprinkle gelatin over cold water in a 1-cup liquid measuring cup; let stand 1 minute.
- ☐ Combine gelatin mixture, milk, and next 6 ingredients in a heavy saucepan; cook over low heat, stirring constantly, until gelatin dissolves (mixture may appear curdled).
- ☐ Add cheese, stirring until blended. Cover and chill until consistency of unbeaten egg white.
- ☐ Flake crabmeat, removing any bits of shell. Fold crabmeat into gelatin mixture; spoon into a 4-cup mold coated with cooking spray. Cover and chill at least 8 hours. Unmold.
- ☐ Serve with whole wheat crackers (crackers not included in analysis).
- ☐ carbo rating: 2

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:4.3282608221407%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 55.86kcal (2.79%), Fat: 2.66g (4.09%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.95g (2.17%), Cholesterol: 16.08mg (5.36%), Sodium: 287.14mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.77%), Vitamin B12: 1.71µg (28.48%), Selenium: 7.43µg (10.61%), Copper: 0.17mg (8.5%), Phosphorus: 80.82mg (8.08%), Zinc: 1.15mg (7.66%), Calcium: 55.84mg (5.58%),

Vitamin B2: 0.06mg (3.69%), Potassium: 108.72mg (3.11%), Magnesium: 12.36mg (3.09%), Vitamin C: 2.49mg (3.02%), Vitamin A: 146.97IU (2.94%), Folate: 11.76µg (2.94%), Vitamin B5: 0.26mg (2.64%), Vitamin B6: 0.05mg (2.28%), Vitamin B1: 0.03mg (1.72%), Vitamin D: 0.24µg (1.61%), Vitamin B3: 0.23mg (1.17%)