



Crab Red Pepper Bites

 Gluten Free

READY IN



40 min.

SERVINGS



30

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 oz cream cheese softened
- ☐ 6 oz yogurt plain fat free
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons spring onion finely chopped (2 medium)
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 teaspoons juice of lemon
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 cup imitation crab frozen salad-style thawed chopped ()

- ☐ 2 large bell pepper red
- ☐ 1 leaves basil fresh chopped

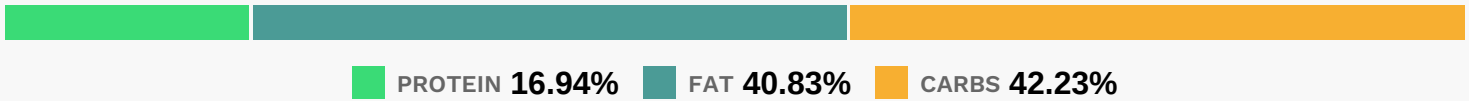
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In small bowl, beat cream cheese with electric mixer on low speed until creamy. Beat in yogurt until well blended. Stir in 1/4 cup chopped basil, the green onions, lemon peel, lemon juice, ground red pepper and crabmeat.
- ☐ Cut each bell pepper into 15 (1 1/4-inch) squares. Spoon rounded teaspoonful crab mixture onto each bell pepper piece.
- ☐ Garnish with basil leaves.

Nutrition Facts



Properties

Glycemic Index:8.77, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:2.006956524823%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 22.19kcal (1.11%), Fat: 1.02g (1.57%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.06g (0.75%), Sugar: 1.22g (1.36%), Cholesterol: 3.64mg (1.21%), Sodium: 47.51mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin C: 14.38mg (17.43%), Vitamin A: 399.73IU (7.99%), Vitamin K: 2.34µg (2.23%), Vitamin B6: 0.04mg (1.87%), Vitamin B2: 0.03mg (1.75%), Folate: 6.45µg (1.61%), Calcium: 15.59mg (1.56%), Phosphorus: 15.11mg (1.51%), Vitamin E: 0.2mg (1.36%), Fiber: 0.32g (1.28%), Potassium: 43.63mg (1.25%)