



Crab Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 pounds lump crab meat fresh drained
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 8 un buns soft

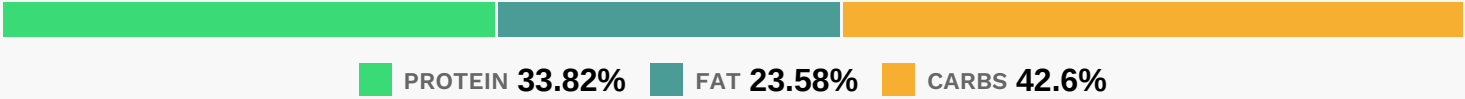
Equipment

- ☐ bowl

Directions

- ☐ Combine crabmeat through pepper in a large bowl; toss gently.
- ☐ Split buns on top; fill with crabmeat mixture.
- ☐ Serve immediately.
- ☐ *Hot dog buns may be substitted for unsliced buns.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:23.02, Inflammation Score:-4, Nutrition Score:19.475652242484%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 318.12kcal (15.91%), Fat: 8.14g (12.52%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 31.88g (11.59%), Sugar: 4.55g (5.06%), Cholesterol: 50.57mg (16.86%), Sodium: 1435.43mg (62.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.55%), Vitamin B12: 10.21µg (170.24%), Iron: 11.36mg (63.13%), Selenium: 41.47µg (59.25%), Copper: 1.05mg (52.57%), Zinc: 6.77mg (45.13%), Phosphorus: 251.82mg (25.18%), Magnesium: 56.77mg (14.19%), Folate: 53.29µg (13.32%), Vitamin K: 13.46µg (12.82%), Vitamin C: 9.58mg (11.62%), Vitamin B6: 0.18mg (8.87%), Potassium: 254.7mg (7.28%), Vitamin B3: 1.27mg (6.36%), Calcium: 62.51mg (6.25%), Fiber: 1.21g (4.84%), Vitamin B5: 0.43mg (4.31%), Vitamin B1: 0.05mg (3.45%), Vitamin B2: 0.05mg (3.2%), Manganese: 0.06mg (3.17%), Vitamin E: 0.25mg (1.69%), Vitamin A: 61.02IU (1.22%)