



Crab Salad Cucumber Stacks

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

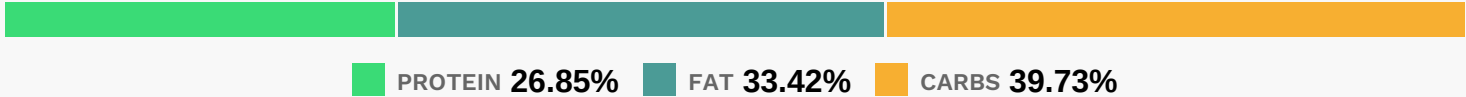
- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounces freshly crab cooked
- ☐ 3 ounces cream cheese
- ☐ 20 slices cucumber english very thin
- ☐ 1 tablespoon optional: dill fresh chopped for garnish
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons onion red minced
- ☐ 8 servings rice crackers asian-style

Equipment

Directions

- ☐
- Mix crab, onion, cheese, dill, pepper, and zest together. Set crackers on a serving plate and top each with about 1 tbsp. crab salad. Top each with a cucumber slice and a dill sprig.

Nutrition Facts



Properties

Glycemic Index:20.27, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:10.660000013269%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 104.68kcal (5.23%), Fat: 4.17g (6.41%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 9.74g (3.54%), Sugar: 4.86g (5.4%), Cholesterol: 38.24mg (12.75%), Sodium: 198.4mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Vitamin K: 43.06µg (41.01%), Selenium: 14.02µg (20.04%), Copper: 0.34mg (17.18%), Vitamin B12: 0.97µg (16.12%), Phosphorus: 142.15mg (14.21%), Potassium: 476.06mg (13.6%), Manganese: 0.25mg (12.51%), Magnesium: 45.63mg (11.41%), Zinc: 1.67mg (11.13%), Vitamin C: 8.77mg (10.62%), Vitamin B5: 1.03mg (10.32%), Folate: 34.29µg (8.57%), Vitamin A: 420.72IU (8.41%), Vitamin B2: 0.14mg (8.13%), Vitamin B6: 0.16mg (7.98%), Calcium: 79.28mg (7.93%), Fiber: 1.4g (5.6%), Vitamin B1: 0.08mg (5.42%), Vitamin B3: 1.07mg (5.33%), Iron: 0.91mg (5.03%), Vitamin E: 0.69mg (4.63%)