



Crab Salad in Crisp Wonton Cups

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 2 teaspoons canola oil
- 1 stalk celery diced finely
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime zest
- 0.5 pound lump crab meat picked over
- 0.5 cup mangos diced finely

- 2 tablespoons olive oil
- 0.5 teaspoon pepper flakes dried red hot
- 0.3 teaspoon salt
- 0.3 teaspoons salt
- 0.3 cup scallions thinly sliced
- 18 wonton wrappers frozen thawed (if)

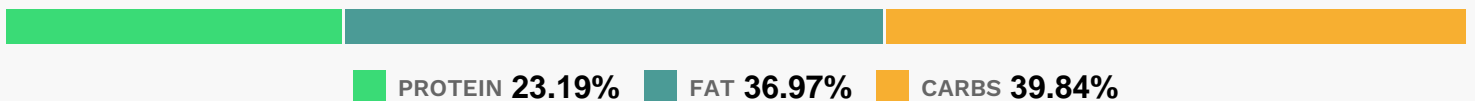
Equipment

- bowl
- oven
- whisk
- muffin tray

Directions

- Preheat the oven to 375 degrees F. Spray 2 mini-muffin tins with cooking spray.
- Brush the wonton wrappers with oil, and place each wrapper into a section of a mini-muffin tin. Gently press each wrapper into the tin and arrange so that it forms a cup shape. The wrapper will overlap itself and stick up out of the cup.
- Sprinkle with salt and bake for 8 to 10 minutes, until browned and crisp.
- Remove from the tin and allow wrappers to cool.
- Meanwhile whisk together the zest, lime juice, salt, pepper, and pepper flakes.
- Add the oil and whisk until well combined.
- In a medium bowl, toss together the crabmeat, celery, mango, scallion and cilantro.
- Add dressing and toss to combine. Fill each cup with the crab salad and serve.

Nutrition Facts



Properties

Glycemic Index:35.29, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:10.974782570549%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 162.74kcal (8.14%), Fat: 6.67g (10.26%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 15.22g (5.54%), Sugar: 2.17g (2.42%), Cholesterol: 17.9mg (5.97%), Sodium: 647.63mg (28.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.81%), Vitamin B12: 3.41µg (56.77%), Selenium: 20.28µg (28.97%), Copper: 0.41mg (20.34%), Zinc: 2.46mg (16.4%), Vitamin K: 15.61µg (14.86%), Vitamin C: 10.28mg (12.45%), Folate: 47.62µg (11.91%), Phosphorus: 107.46mg (10.75%), Vitamin B1: 0.14mg (9.5%), Manganese: 0.19mg (9.46%), Vitamin B3: 1.8mg (9%), Vitamin E: 1.15mg (7.66%), Vitamin B2: 0.12mg (6.84%), Magnesium: 26.74mg (6.69%), Iron: 1.15mg (6.36%), Vitamin A: 293.78IU (5.88%), Vitamin B6: 0.09mg (4.66%), Potassium: 158.27mg (4.52%), Fiber: 0.94g (3.77%), Calcium: 36.94mg (3.69%), Vitamin B5: 0.19mg (1.94%)