



Crab Salad Panini

READY IN



22 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup green onion chopped
- ☐ 0.3 cup mayonnaise
- ☐ 4 teaspoons lemon zest
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon worcestershire sauce
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon all the tabasco sauce you handle
- ☐ 14 oz lump crab meat fresh

- ☐ 8 slices sourdough bread
- ☐ 4 Tbsp butter room temperature

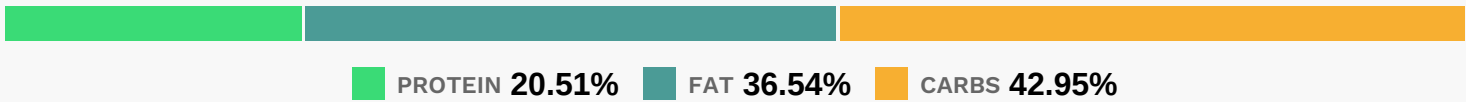
Equipment

- ☐ bowl
- ☐ grill
- ☐ panini press

Directions

- ☐ Place parsley, green onion, mayonnaise, lemon zest, lemon juice, Worcestershire sauce, black pepper, and Tabasco sauce in a large bowl. Stir to combine. Gently fold in the crabmeat, taking care not to break up the clumps of crabmeat.
- ☐ Heat your panini grill.
- ☐ Spread some butter on two slices of bread to flavor the outside of the sandwich. Turn over one slice of bread and top it a quarter of the crab mixture. Close the sandwich with the other slice of bread, buttered side up.
- ☐ Grill two panini at a time, with the lid closed, until the the bread is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:69.13, Glycemic Load:51.42, Inflammation Score:-8, Nutrition Score:35.961738977743%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 634.9kcal (31.74%), Fat: 25.74g (39.6%), Saturated Fat: 9.72g (60.72%), Carbohydrates: 68.07g (22.69%), Net Carbohydrates: 64.69g (23.52%), Sugar: 6.45g (7.17%), Cholesterol: 78.08mg (26.03%), Sodium: 1809.66mg (78.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.51g (65.03%), Vitamin B12: 8.97µg (149.52%), Selenium: 73.27µg (104.67%), Vitamin K: 99.58µg (94.84%), Vitamin B1: 0.96mg (64.21%), Copper: 1.13mg (56.56%), Folate: 212.61µg (53.15%), Zinc: 7.34mg (48.97%), Manganese: 0.75mg (37.73%), Vitamin B3: 7.37mg (36.86%), Phosphorus: 364.2mg (36.42%), Vitamin B2: 0.61mg (35.87%), Iron: 6.07mg (33.72%), Magnesium: 94.14mg (23.53%), Vitamin C: 16.55mg (20.07%), Vitamin A: 770.02IU (15.4%), Vitamin B6: 0.3mg (14.98%), Fiber: 3.38g (13.53%), Calcium: 131.89mg (13.19%), Potassium: 416.58mg (11.9%), Vitamin B5: 0.85mg (8.46%), Vitamin E: 1.13mg (7.54%)