



Crab Salad Tostada

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp knudsen cream sour
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup regular corn frozen thawed
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 Tbsp juice of lime
- 6.5 oz lump crab meat flaked drained canned
- 3 Tbsp real mayo mayonnaise kraft
- 1 jalapeño pepper divided thinly sliced

- 1 bell pepper red thinly sliced
- 6 corn tostada shells (5 inch)

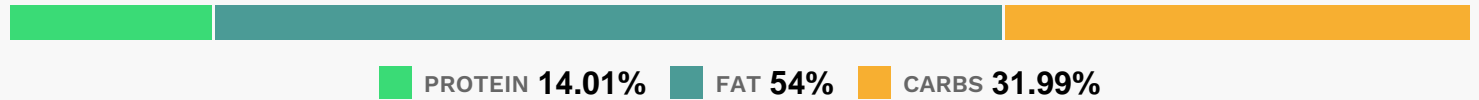
Equipment

- bowl

Directions

- Mix first 6 ingredients and half the jalapeo peppers in medium bowl.
- Mix mayo and sour cream in small bowl. Finely chop remaining jalapeo peppers; add to mayo mixture.
- Spread about 1 Tbsp. mayo mixture on each tostada shell. Top evenly with crabmeat mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:11.19652176292%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 210.01kcal (10.5%), Fat: 12.91g (19.86%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 15.37g (5.59%), Sugar: 2.47g (2.74%), Cholesterol: 18.16mg (6.05%), Sodium: 541.72mg (23.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.08%), Vitamin B12: 2.78µg (46.35%), Vitamin C: 29.54mg (35.81%), Vitamin K: 21.94µg (20.9%), Selenium: 12.26µg (17.51%), Copper: 0.33mg (16.34%), Zinc: 2.22mg (14.77%), Vitamin A: 710.16IU (14.2%), Phosphorus: 125.25mg (12.53%), Vitamin B6: 0.2mg (10.06%), Magnesium: 36.15mg (9.04%), Folate: 29.41µg (7.35%), Fiber: 1.83g (7.32%), Manganese: 0.14mg (7.2%), Vitamin B1: 0.1mg (6.78%), Potassium: 209.99mg (6%), Vitamin E: 0.86mg (5.76%), Vitamin B3: 1.05mg (5.27%), Vitamin B2: 0.07mg (3.97%), Iron: 0.69mg (3.86%), Calcium: 36.43mg (3.64%), Vitamin B5: 0.28mg (2.77%)