



Crab salsa crostini

 Dairy Free

READY IN



34 min.

SERVINGS



20

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g pot crab meat fresh
- ☐ 85 g cherry tomatoes quartered
- ☐ 1 small onion red finely chopped
- ☐ 1 lime zest
- ☐ 2 tbsp olive oil
- ☐ 1 bunch coriander chopped
- ☐ 4 baguettes thin
- ☐ 1 tablespoon olive oil

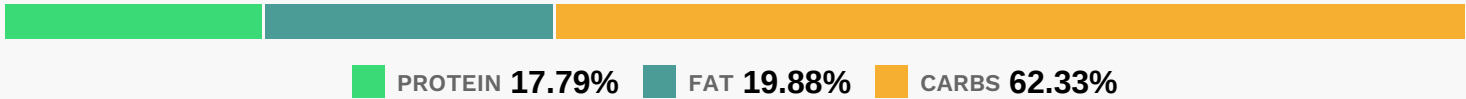
Equipment

☐ grill

Directions

- ☐ Mix together the crab meat, tomatoes and red onion. Keep in the fridge for up to 2 days. On the day, mix through the lime zest, juice and chopped coriander, then pile onto the crostini to serve.
- ☐ For the crostini bases, cut each of the 4 baguettes into 20 slices, cm thick, discarding ends.
- ☐ Drizzle with olive oil and place under the grill. Cook for 2–3 mins until lightly golden, then turn over and cook for another 1–2 mins until golden and crisp all over. Do this in batches and store in a large, airtight container at room temperature for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:8.14, Glycemic Load:16.7, Inflammation Score:-3, Nutrition Score:7.8895651775858%

Flavonoids

Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 162.63kcal (8.13%), Fat: 3.56g (5.48%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 23.82g (8.66%), Sugar: 2.74g (3.05%), Cholesterol: 5.25mg (1.75%), Sodium: 414.48mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.33%), Vitamin B1: 0.3mg (20.11%), Selenium: 13.22µg (18.88%), Vitamin B12: 1.13µg (18.75%), Folate: 61.11µg (15.28%), Manganese: 0.25mg (12.5%), Vitamin B3: 2.45mg (12.24%), Iron: 1.88mg (10.43%), Vitamin B2: 0.17mg (9.98%), Copper: 0.18mg (9.21%), Phosphorus: 78.46mg (7.85%), Zinc: 1.16mg (7.73%), Calcium: 61.38mg (6.14%), Fiber: 1.28g (5.11%), Magnesium: 20.36mg (5.09%), Vitamin B6: 0.08mg (4.14%), Vitamin C: 3.33mg (4.04%), Vitamin K: 4.17µg (3.97%), Vitamin E: 0.49mg (3.26%), Potassium: 110.32mg (3.15%), Vitamin B5: 0.25mg (2.55%), Vitamin A: 52.56IU (1.05%)