



Crab, spring onion & pancetta slice

READY IN



50 min.

SERVINGS



6

CALORIES



489 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tsp olive oil
- ☐ 8 spring onion whole with both ends trimmed and any outer layers removed
- ☐ 8 slices pancetta
- ☐ 100 g crab meat white
- ☐ 1 large eggs
- ☐ 5 tbsp crème fraîche
- ☐ 2 tsp dijon mustard
- ☐ 1 lemon zest
- ☐ 1 small handful parsley chopped

- ☐ 1 small handful mint leaves leaves picked chopped
- ☐ 375 g puff pastry
- ☐ 1 leaves the salad

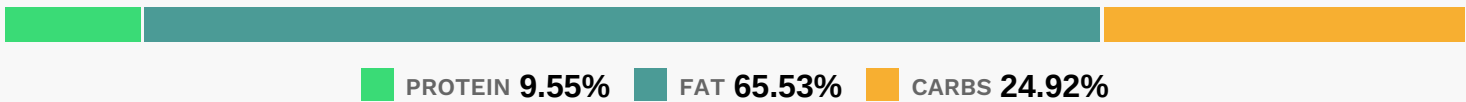
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brush a griddle pan with the oil and heat until just smoking. Cook the spring onions in the pan until softened and charred. Leave to cool, then wrap a slice of pancetta around each.
- ☐ Mix together the crabmeat, egg, crme frache, mustard, lemon zest, parsley and mint with a pinch of salt and a good grind of black pepper.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roll out the pastry to a rectangle roughly 35 x 25cm and trim the edges to neaten. Lightly score a 1cm border around the edge of the tart and prick the centre all over with a fork.
- ☐ Put the pastry on a baking tray lined with baking parchment.
- ☐ Spread the crab mixture over the centre of the tart, up to the border, and put the spring onions on top, pushing them into the mixture a little.
- ☐ Bake for 25 mins until the pastry is puffed and golden, and the pancetta is crisp. Leave to cool for 5 mins, then cut into 6 slices and serve with a green salad, or into smaller squares to serve with drinks.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:15.51, Inflammation Score:-5, Nutrition Score:13.921739065129%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 488.53kcal (24.43%), Fat: 35.66g (54.85%), Saturated Fat: 10.01g (62.59%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 28.91g (10.51%), Sugar: 1.28g (1.42%), Cholesterol: 56.22mg (18.74%), Sodium: 455.07mg (19.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.37%), Vitamin K: 55.22µg (52.59%), Selenium: 28.54µg (40.78%), Vitamin B12: 1.69µg (28.14%), Vitamin B1: 0.33mg (21.77%), Vitamin B3: 3.67mg (18.37%), Folate: 72.92µg (18.23%), Manganese: 0.36mg (17.9%), Vitamin B2: 0.27mg (15.96%), Phosphorus: 133.76mg (13.38%), Copper: 0.26mg (12.96%), Iron: 2.28mg (12.69%), Zinc: 1.77mg (11.83%), Vitamin C: 6.7mg (8.12%), Vitamin A: 366.41IU (7.33%), Magnesium: 27.44mg (6.86%), Fiber: 1.61g (6.43%), Vitamin B6: 0.12mg (6.01%), Vitamin E: 0.86mg (5.74%), Potassium: 189.13mg (5.4%), Calcium: 46.1mg (4.61%), Vitamin B5: 0.35mg (3.49%), Vitamin D: 0.24µg (1.61%)