



Crab-Stuffed Jalapenos with Avocado Dunk

READY IN



45 min.

SERVINGS



10

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup avocado diced peeled
- ☐ 1 cup breadcrumbs dry
- ☐ 3 large egg whites
- ☐ 3 tablespoons yogurt plain fat-free
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup green onions chopped

- ☐ 1 pound jalapeño peppers
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.8 cup lump crab meat
- ☐ 2 tablespoons onion minced
- ☐ 10 servings stuffed jalape[special_char]
- ☐ 2 tablespoons bell pepper red minced
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 0.3 cup vegetable broth
- ☐ 0.8 cup cornmeal yellow

Equipment

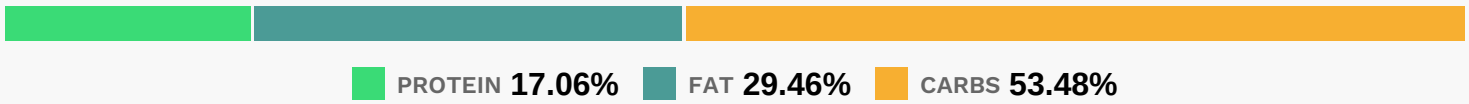
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ To prepare stuffed jalapeos, place peppers on a foil-lined baking sheet; broil 12 minutes or until blackened, turning occasionally.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes; peel jalapeos.

- ☐ Cut a lengthwise slit in each, discarding stems, seeds, and membranes.
- ☐ Place a medium nonstick skillet coated with cooking spray over low heat until hot.
- ☐ Add bell pepper, onion, and garlic, and cook 5 minutes or until soft.
- ☐ Remove from heat; stir in crabmeat, 1 tablespoon cilantro, and 1/4 teaspoon salt. Divide crab mixture evenly among jalapeos (each will be very full).
- ☐ Preheat oven to 37
- ☐ Beat the egg whites in a medium bowl at high speed of a mixer until soft peaks form. Fold in yogurt.
- ☐ Combine breadcrumbs, cornmeal, 1 teaspoon salt, and garlic powder in a small bowl. Dip each stuffed jalapeo in the egg white mixture; dredge in the breadcrumb mixture.
- ☐ Place the breaded jalapeos on a baking sheet coated with cooking spray. Lightly spray jalapeos with cooking spray.
- ☐ Bake at 375 for 15 minutes or until golden.
- ☐ To prepare avocado dunk, place avocado and remaining ingredients in a food processor or blender, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:37.55, Glycemic Load:5.95, Inflammation Score:-7, Nutrition Score:13.787826019785%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 170.55kcal (8.53%), Fat: 5.73g (8.81%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 19.16g (6.97%), Sugar: 3.77g (4.19%), Cholesterol: 5.93mg (1.98%), Sodium: 843mg (36.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin C: 59.51mg (72.13%), Vitamin B12: 1.23µg (20.58%), Vitamin E: 2.65mg (17.66%), Vitamin B6: 0.34mg (17.1%), Fiber: 4.23g (16.9%), Vitamin K: 16.67µg (15.87%), Selenium: 11.06µg (15.8%), Vitamin A: 701.97IU (14.04%), Manganese: 0.25mg (12.73%), Vitamin B1: 0.18mg (12.31%), Copper: 0.24mg (12.14%), Folate: 45.19µg (11.3%), Phosphorus: 109.27mg (10.93%), Vitamin B2: 0.17mg (10.27%), Zinc: 1.52mg (10.13%), Vitamin B3: 1.97mg (9.87%), Magnesium: 39.07mg (9.77%), Potassium: 304.11mg (8.69%), Iron: 1.3mg (7.21%), Calcium: 66.69mg (6.67%), Vitamin B5: 0.5mg (5.02%)