



HEALTH SCORE

60%

## Crab-Stuffed Zucchini Flowers with Mustard Butter Sauce



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon chives thinly sliced
- ☐ 8 ounces peekytoe crabmeat
- ☐ 2 tablespoons crème fraîche
- ☐ 0.5 tablespoon dijon mustard
- ☐ 1 lemon zest juiced
- ☐ 4 servings sea salt and pepper white freshly ground fine
- ☐ 6 tablespoons butter unsalted

- ☐ 1 tablespoon water
- ☐ 0.5 tablespoon grain mustard whole
- ☐ 12 large zucchini flowers
- ☐ 4 servings piment d'espelette

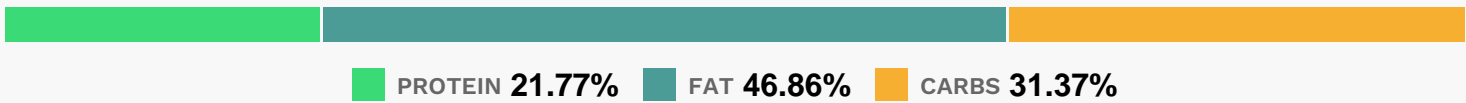
## Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot

## Directions

- ☐ Combine the crabmeat, crème fraîche, lemon juice and zest, and chives in a mixing bowl. Season to taste with salt, white pepper and piment d'Espelette. Using a small spoon or a piping bag, gently stuff each zucchini flower three-quarters full with the crab mixture.
- ☐ Bring the water to a boil in a heavy small saucepan over medium heat and whisk in the butter 1 tablespoon at a time until the all of the butter is emulsified.
- ☐ Whisk in both mustards and season to taste with salt and pepper. Set the butter sauce aside and keep warm.
- ☐ Place a large pot filled with 2 inches of water over high heat and bring to a boil.
- ☐ Place the stuffed zucchini flowers in a steamer insert, then set the steamer in the pot. Cover and steam until the crab filling is hot, about 3 minutes.
- ☐ Place 3 zucchini flowers on each of 4 plates. Stir the chives into the mustard butter sauce, spoon the sauce over and around the stuffed flowers and serve immediately.
- ☐ Reprinted with permission from Avec Ripert: A Culinary Journey with Eric Ripert by Eric Ripert with Angie Mosier and Soa Davies, (C) 2010 John Wiley & Sons, Inc.

## Nutrition Facts



## Properties

Glycemic Index:34.75, Glycemic Load:3.16, Inflammation Score:-10, Nutrition Score:46.593913016112%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 386.57kcal (19.33%), Fat: 21.9g (33.7%), Saturated Fat: 12.31g (76.92%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 22.22g (8.08%), Sugar: 24.57g (27.3%), Cholesterol: 72.5mg (24.17%), Sodium: 598.11mg (26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.79%), Vitamin C: 180.67mg (219%), Manganese: 1.87mg (93.52%), Vitamin B12: 5.15µg (85.85%), Vitamin B6: 1.68mg (83.9%), Potassium: 2679.44mg (76.56%), Folate: 260.3µg (65.08%), Vitamin B2: 0.96mg (56.48%), Copper: 1.07mg (53.52%), Magnesium: 208.75mg (52.19%), Phosphorus: 511.31mg (51.13%), Vitamin A: 2555.24IU (51.1%), Zinc: 6.58mg (43.85%), Fiber: 10.77g (43.08%), Vitamin K: 44.88µg (42.74%), Selenium: 24.39µg (34.84%), Vitamin B1: 0.47mg (31.51%), Vitamin B3: 5.07mg (25.37%), Iron: 4.37mg (24.27%), Vitamin B5: 2.24mg (22.37%), Calcium: 209.31mg (20.93%), Vitamin E: 1.69mg (11.27%), Vitamin D: 0.31µg (2.1%)