



Crab Toast with Carrot and Scallion

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



36 kcal

Ingredients

- ☐ 6 inch baguette whole-wheat
- ☐ 0.5 cup carrots diced
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 0.3 cup green onions finely chopped
- ☐ 2 teaspoons lower-sodium soy sauce
- ☐ 0.5 cup lump crab meat divided
- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 1 tablespoon sesame seed toasted

☐ 0.5 teaspoon sriracha (such as huy fong) hot

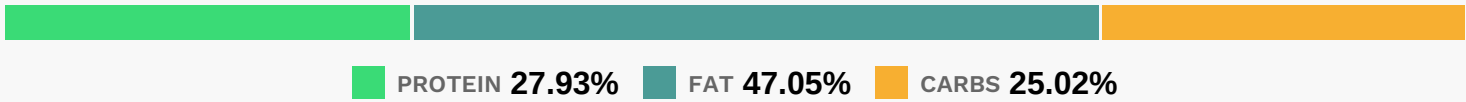
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450
- ☐ Arrange baguette slices in a single layer on a baking sheet.
- ☐ Bake at 450 for 4 minutes or until browned.
- ☐ Remove from oven, leaving bread slices on baking sheet.
- ☐ Combine 1/4 cup crab, carrot, soy sauce, sesame oil, and peanut oil in a food processor; process for about 1 minute or until mixture is smooth, scraping down sides as necessary.
- ☐ Transfer to a bowl. Stir in remaining 1/4 cup crabmeat, green onions, ginger, and chile sauce.
- ☐ Spread about 2 teaspoons crab mixture on each bread slice.
- ☐ Sprinkle evenly with toasted sesame seeds.
- ☐ Bake at 450 for 7 minutes or until tops are golden. Cool for a few minutes before serving warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.07, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:4.4199999778167%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 35.75kcal (1.79%), Fat: 1.89g (2.91%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.56g (0.62%), Cholesterol: 4.41mg (1.47%), Sodium: 157.32mg (6.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin A: 1370.65IU (27.41%), Vitamin B12: 0.94µg (15.75%), Copper: 0.15mg (7.37%), Vitamin K: 7.69µg (7.33%), Selenium: 4.53µg (6.47%), Zinc: 0.76mg (5.06%), Phosphorus: 37.24mg (3.72%), Manganese: 0.06mg (2.98%), Folate: 11.74µg (2.94%), Magnesium: 11.72mg (2.93%), Vitamin C: 1.99mg (2.42%), Calcium: 21.91mg (2.19%), Vitamin B1: 0.03mg (2.08%), Vitamin B6: 0.04mg (2.07%), Iron: 0.36mg (2.02%), Potassium: 68.48mg (1.96%), Fiber: 0.48g (1.91%), Vitamin B3: 0.36mg (1.79%), Vitamin B2: 0.02mg (1.38%), Vitamin E: 0.17mg (1.15%)