

Crab Tostadas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted thinly sliced
- ☐ 8 servings cilantro sprigs
- ☐ 0.3 cup lightly cilantro leaves packed chopped
- ☐ 1 jalapeño stemmed finely chopped
- ☐ 2 lime zest finely grated
- ☐ 2 limes quartered
- ☐ 1 pound lump crab meat
- ☐ 2 tablespoons mayonnaise

- ☐ 1 tablespoon olive oil
- ☐ 3 plum tomatoes cored seeded chopped
- ☐ 3 tablespoons onion red finely chopped
- ☐ 8 servings salt and pepper black
- ☐ 8 flat tostada shells homemade

Equipment

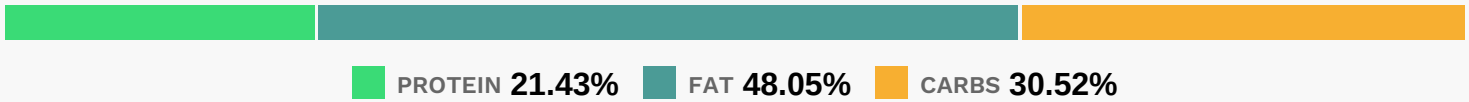
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ spatula

Directions

- ☐ Prepare the Crabmeat
- ☐ Put the crabmeat in a bowl. Pick through it with your fingers to remove any cartilage.
- ☐ Combine the Ingredients
- ☐ Add the oil, mayonnaise, onion, jalapeño, tomatoes, cilantro, and lime zest and juice to the crabmeat. Using a rubber spatula or spoon, gently fold (or toss) all ingredients until well blended. Season well with salt and pepper.
- ☐ Assemble and
- ☐ Serve
- ☐ Top each tostada shell with a few slices of avocado, place a generous serving of the crabmeat mixture over it, and garnish with a sprig of cilantro.
- ☐ Serve each with a lime wedge.
- ☐ COOKING NOTES
- ☐ INGREDIENTSTostadas You can buy commercial tostada shells or fry your own. Commerical tostada shells are basically large tortilla chips. Buy your favorite brand, but try to find tostadas that are 6 to 9 inches wide, round, and flat. TECHNIQUEHomemade Tostadas To make homemade tostadas, purchase 6-inch corn tortillas.

- ☐ Pour 2 inches of oil into a shallow pan and heat over medium–high heat. When the oil is hot, add the tortillas, one at a time, and fry until golden brown on both sides.
- ☐ Remove from the pan, place on a paper towel–lined dish, and sprinkle with salt. Seeding Tomatoes
- ☐ To seed tomatoes, cut the tomato into quarters lengthwise then slice off the seedy pulp. Plum tomatoes are best for this recipe because they contain fewer seeds and less pulp than the round varieties.ADVANCE PREPARATIONThe crabmeat mixture can be made a day in advance and refrigerated in an airtight container.SERVING SUGGESTIONSWhile these tostadas make a great first course, you can also make smaller, bite–size ones to be served as hors d'oeuvres.Another more casual option is to put the crabmeat mixture in a bowl or platter and serve the tortillas alongside, allowing your guests to make their own tostadas. In this case, dice the avocado and fold it into the crabmeat mixture.
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Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:15.693043638345%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 221.69kcal (11.08%), Fat: 12.39g (19.06%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 13.72g (4.99%), Sugar: 1.6g (1.78%), Cholesterol: 25.28mg (8.43%), Sodium: 802.53mg (34.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin B12: 5.11µg (85.12%), Copper: 0.63mg (31.74%), Selenium: 21.35µg (30.5%), Vitamin C: 21.93mg (26.58%), Zinc: 3.83mg (25.54%), Phosphorus: 184.91mg (18.49%), Fiber: 3.99g (15.95%), Vitamin K: 16.27µg (15.5%), Folate: 53.2µg (13.3%), Magnesium: 53.01mg (13.25%),

Vitamin B6: 0.26mg (12.78%), Potassium: 379.6mg (10.85%), Vitamin B1: 0.12mg (8.09%), Vitamin B3: 1.56mg (7.78%), Vitamin E: 1.16mg (7.76%), Manganese: 0.15mg (7.72%), Vitamin B5: 0.69mg (6.92%), Vitamin A: 322.42IU (6.45%), Iron: 1.03mg (5.73%), Calcium: 56.91mg (5.69%), Vitamin B2: 0.09mg (5.15%)