

## Crabbies

READY IN



20 min.

SERVINGS



8

CALORIES



329 kcal

SIDE DISH

## Ingredients

- 8 ounces crabmeat cooked
- 0.5 teaspoon parsley dried
- 8 muffins split english
- 0.5 teaspoon garlic powder
- 0.3 cup butter softened
- 0.3 cup mayonnaise
- 5 ounce sharp cheddar cheese

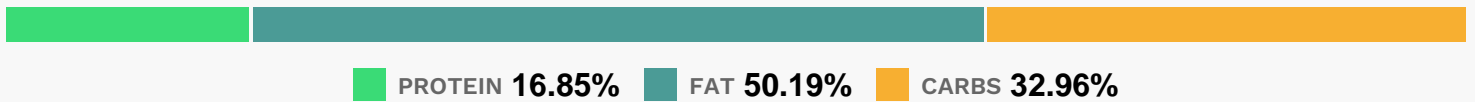
## Equipment

- bowl
- baking sheet
- oven
- broiler

## Directions

- Preheat oven on broiler setting.
- In a medium bowl, mix together margarine and cheese spread. Stir in crabmeat, mayonnaise, garlic powder, and parsley.
- Spread the mixture on the split English muffins. Arrange on a cookie sheet.
- Broil until the cheese mixture is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:19.63, Glycemic Load:18.65, Inflammation Score:-4, Nutrition Score:9.84739131772%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

## Nutrients (% of daily need)

Calories: 329.01kcal (16.45%), Fat: 18.21g (28.01%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 25.34g (9.21%), Sugar: 0.1g (0.11%), Cholesterol: 48.16mg (16.05%), Sodium: 651.45mg (28.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.51%), Selenium: 17.38µg (24.83%), Phosphorus: 227.2mg (22.72%), Vitamin B12: 1.17µg (19.5%), Calcium: 183.62mg (18.36%), Copper: 0.31mg (15.63%), Zinc: 2.15mg (14.31%), Vitamin B2: 0.2mg (11.57%), Manganese: 0.23mg (11.46%), Vitamin K: 12.01µg (11.43%), Folate: 39.79µg (9.95%), Vitamin A: 436.52IU (8.73%), Vitamin B3: 1.69mg (8.43%), Vitamin B1: 0.12mg (7.8%), Vitamin E: 1.11mg (7.37%), Magnesium: 27.41mg (6.85%), Vitamin B5: 0.63mg (6.3%), Fiber: 1.56g (6.23%), Potassium: 168.52mg (4.81%), Vitamin B6: 0.09mg (4.27%), Iron: 0.7mg (3.91%), Vitamin C: 1.02mg (1.23%)