



Crabmeat Cup

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

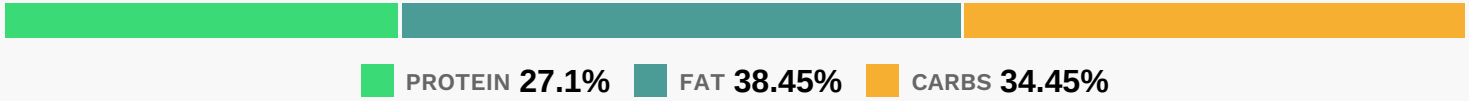
- ☐ 1 slices garnishes: avocado watercress sprigs
- ☐ 0.3 cup lemon mayonnaise
- ☐ 0.5 pound lump crab meat
- ☐ 30 phyllo shells crispy mini

Equipment

Directions

- ☐
- Distribute crabmeat evenly into mini crispy or phyllo shells.
- ☐
- Add 1/2 teaspoon lemon mayonnaise to each shell; garnish with avocado and a watercress sprig.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.7421739179155%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 26.79kcal (1.34%), Fat: 1.25g (1.93%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.15g (0.78%), Sugar: 0.08g (0.08%), Cholesterol: 3.18mg (1.06%), Sodium: 70.86mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin B12: 0.68µg (11.34%), Copper: 0.08mg (3.98%), Selenium: 2.78µg (3.97%), Zinc: 0.48mg (3.21%), Vitamin C: 1.95mg (2.37%), Phosphorus: 19.37mg (1.94%), Folate: 7.46µg (1.87%), Fiber: 0.38g (1.5%), Magnesium: 5.26mg (1.31%), Vitamin B6: 0.03mg (1.26%), Potassium: 41.46mg (1.18%)