



Crabmeat Toasts

READY IN



15 min.

SERVINGS



6

CALORIES



290 kcal

Ingredients

- ☐ 0.4 cup butter
- ☐ 6 ounce crab meat drained canned
- ☐ 12 ounce muffins english
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 teaspoon seasoning salt

Equipment

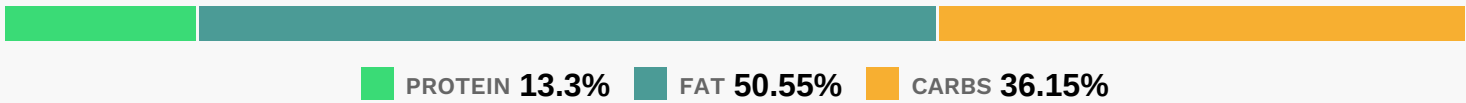
- ☐ baking sheet
- ☐ oven

☐ mixing bowl

Directions

- ☐ Preheat oven to broil.
- ☐ In a small mixing bowl, combine crabmeat, butter or margarine, mayonnaise, garlic salt, and seasoning salt.
- ☐ Spread this mixture on the open-face muffins. Arrange the toasts on a baking sheet.
- ☐ Broil toasts for 8 minutes or until toasted. Be careful not to burn them.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:18.43, Inflammation Score:-3, Nutrition Score:7.6226086951792%

Nutrients (% of daily need)

Calories: 290.23kcal (14.51%), Fat: 16.23g (24.96%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 24.59g (8.94%), Sugar: 0.04g (0.04%), Cholesterol: 59.96mg (19.99%), Sodium: 931.13mg (40.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.21%), Selenium: 12.41µg (17.73%), Vitamin B12: 1µg (16.61%), Copper: 0.31mg (15.25%), Phosphorus: 146.13mg (14.61%), Manganese: 0.22mg (11.24%), Zinc: 1.5mg (9.99%), Folate: 36.1µg (9.02%), Vitamin B3: 1.67mg (8.37%), Vitamin K: 8.68µg (8.27%), Vitamin B1: 0.11mg (7.35%), Vitamin A: 358.15IU (7.16%), Vitamin B2: 0.12mg (7.02%), Vitamin E: 1mg (6.69%), Fiber: 1.53g (6.12%), Calcium: 59.3mg (5.93%), Magnesium: 22.45mg (5.61%), Vitamin B5: 0.56mg (5.59%), Potassium: 152.12mg (4.35%), Iron: 0.66mg (3.68%), Vitamin B6: 0.07mg (3.47%), Vitamin C: 0.99mg (1.2%)