



## Creamy Crab Cocktail Salad on Garlic-Rubbed Crostini

READY IN



45 min.

SERVINGS



20

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 ounces diagonally bread baguette french cut ()
- 0.3 cup celery finely chopped
- 2 teaspoons dijon mustard
- 1 tablespoon parsley fresh chopped
- 2 garlic cloves halved
- 2 tablespoons juice of lemon fresh
- 5 tablespoons mayonnaise low-fat
- 3 tablespoons cup heavy whipping cream sour reduced-fat

- 1 pound lump crab meat drained
- 0.3 teaspoon pepper sauce hot (such as Tabasco)
- 0.3 cup bell pepper red finely chopped
- 0.3 cup onion red finely chopped
- 0.3 teaspoon salt
- 1 teaspoon worcestershire sauce

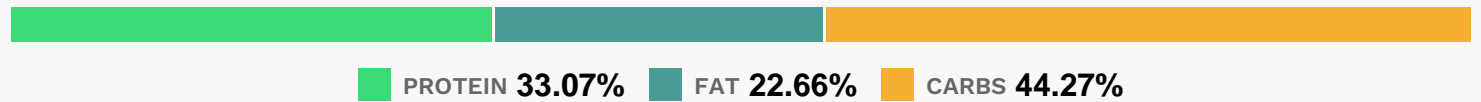
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 400
- Place bread slices on a large baking sheet.
- Bake at 400 for 10 minutes or until crisp. Cool slightly. Lightly rub 1 side of each bread slice with cut sides of garlic. Discard garlic.
- Combine onion, celery, bell pepper, and crab in a bowl.
- Combine parsley and remaining ingredients. Spoon over crab mixture, and toss gently. Top each bread slice with 1 tablespoon of crab mixture.

## Nutrition Facts



## Properties

Glycemic Index:12.18, Glycemic Load:3.72, Inflammation Score:-2, Nutrition Score:6.453043539401%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.03mg

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## **Nutrients (% of daily need)**

Calories: 71.52kcal (3.58%), Fat: 1.78g (2.74%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 7.12g (2.59%), Sugar: 1.2g (1.33%), Cholesterol: 10.72mg (3.57%), Sodium: 328.22mg (14.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Vitamin B12: 2.05µg (34.15%), Selenium: 12.72µg (18.17%), Copper: 0.23mg (11.75%), Zinc: 1.53mg (10.19%), Manganese: 0.19mg (9.54%), Phosphorus: 72.54mg (7.25%), Vitamin C: 5.22mg (6.33%), Folate: 24.73µg (6.18%), Vitamin K: 6.35µg (6.05%), Vitamin B3: 1.08mg (5.4%), Vitamin B1: 0.07mg (4.9%), Magnesium: 18.28mg (4.57%), Iron: 0.71mg (3.93%), Calcium: 33.56mg (3.36%), Vitamin B6: 0.06mg (3.2%), Vitamin B2: 0.05mg (3.06%), Fiber: 0.7g (2.8%), Potassium: 88.37mg (2.52%), Vitamin B5: 0.22mg (2.15%), Vitamin A: 95.74IU (1.91%)