



Creamy Crab Lettuce Wraps

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 lb crab meat
- ☐ 8 oz dairy free cream cheese (such as Sheese)
- ☐ 0.3 cup so delicious dairy free original creamer barista style
- ☐ 0.5 cup so delicious dairy free original culinary coconut milk
- ☐ 2 juice of lime
- ☐ 10 lettuce leaves
- ☐ 0.5 cup bottled roasted peppers red minced

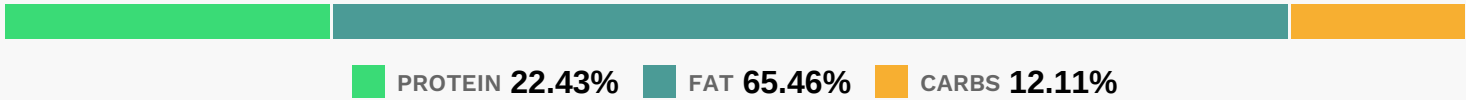
Equipment

☐ bowl

Directions

- ☐ In a small bowl, stir crab meat with 6 ounces of the dairy free cream cheese, setting 2 ounces aside. Stir in So Delicious Creamer, red peppers and cayenne pepper.
- ☐ Place a spoonful of crab mixture on each lettuce leaves and roll up tightly.
- ☐ Cut on a diagonal and place on serving platter.In a small bowl, beat remaining dairy free cream cheese with So Delicious Coconut Milk and the juice of 2 limes. Spoon into dipping bowl, then sprinkle with lime zest.
- ☐ Serve with sliced wraps.

Nutrition Facts



Properties

Glycemic Index:6.29, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:4.5995653103227%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 56.98kcal (2.85%), Fat: 4.19g (6.44%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.85g (0.95%), Cholesterol: 16.22mg (5.41%), Sodium: 186.67mg (8.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Vitamin A: 1122.65IU (22.45%), Vitamin B12: 1.15µg (19.2%), Selenium: 5.42µg (7.74%), Vitamin C: 6.23mg (7.55%), Copper: 0.12mg (6.21%), Zinc: 0.79mg (5.26%), Phosphorus: 41.71mg (4.17%), Vitamin B2: 0.06mg (3.79%), Folate: 14.63µg (3.66%), Calcium: 36.23mg (3.62%), Vitamin B6: 0.07mg (3.34%), Vitamin E: 0.4mg (2.69%), Vitamin B3: 0.53mg (2.67%), Potassium: 84.87mg (2.42%), Manganese: 0.05mg (2.42%), Magnesium: 8.84mg (2.21%), Vitamin B1: 0.03mg (1.82%), Iron: 0.27mg (1.5%), Vitamin B5: 0.11mg (1.09%)