



Crustillant of Crab with Blackberry Chutney

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups blackberries
- ☐ 0.3 teaspoon cumin seeds
- ☐ 1 teaspoon fennel fronds chopped
- ☐ 2 ounces goat cheese
- ☐ 1 Dash ground turmeric
- ☐ 6 ounces lump crab meat
- ☐ 0.3 teaspoon mustard seeds
- ☐ 16 ounce phyllo dough frozen thawed
- ☐ 1 Dash salt

☐ 1 teaspoon vegetable oil

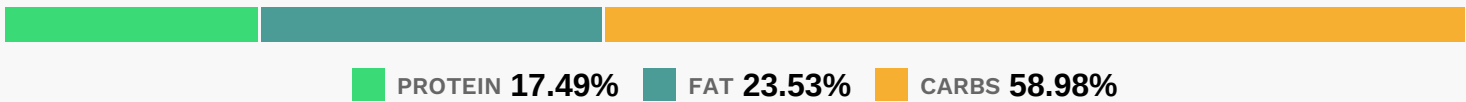
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 50
- ☐ Heat oil in medium nonstick skillet over medium-high heat.
- ☐ Add seeds; saut 30 seconds or until seeds begin to pop.
- ☐ Add blackberries, turmeric, and salt. Reduce heat; saut 2 minutes or until berries are soft.
- ☐ Remove from heat; set aside.
- ☐ Combine crabmeat, goat cheese, and chopped fennel fronds; shape mixture into 8 (1 1/2-inch) balls. Unroll phyllo dough; remove parchment paper. Reroll phyllo.
- ☐ Cut about one-fourth of phyllo roll crosswise into very thin slices to yield 2 cups (it should look like shredded cabbage). Reserve remaining phyllo for another use; store in a zip-top plastic bag in refrigerator. Fluff phyllo with fingers to separate strands. Press each crab ball into phyllo; roll until coated. Gently place on a baking sheet coated with cooking spray. Spray each ball with cooking spray.
- ☐ Bake at 500 for 3 minutes or until phyllo is golden brown.
- ☐ Serve with blackberry chutney; garnish with fennel fronds, if desired.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:22.46, Inflammation Score:-7, Nutrition Score:22.620869465496%

Flavonoids

Cyanidin: 53.97mg, Cyanidin: 53.97mg, Cyanidin: 53.97mg, Cyanidin: 53.97mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 20.01mg, Catechin: 20.01mg, Catechin: 20.01mg, Catechin: 20.01mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 447.26kcal (22.36%), Fat: 11.54g (17.75%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 65.05g (21.68%), Net Carbohydrates: 59.95g (21.8%), Sugar: 3.03g (3.37%), Cholesterol: 24.38mg (8.13%), Sodium: 966.49mg (42.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.59%), Vitamin B12: 3.85µg (64.24%), Selenium: 42.92µg (61.31%), Manganese: 0.93mg (46.54%), Vitamin B1: 0.65mg (43.66%), Copper: 0.7mg (35.14%), Folate: 134.36µg (33.59%), Vitamin B2: 0.47mg (27.9%), Vitamin B3: 5.52mg (27.6%), Iron: 4.61mg (25.64%), Zinc: 3.52mg (23.49%), Phosphorus: 229.2mg (22.92%), Fiber: 5.1g (20.38%), Vitamin C: 14.49mg (17.57%), Vitamin K: 16.65µg (15.85%), Magnesium: 52.32mg (13.08%), Potassium: 271.18mg (7.75%), Vitamin B6: 0.15mg (7.59%), Vitamin B5: 0.74mg (7.41%), Calcium: 69.86mg (6.99%), Vitamin E: 0.86mg (5.74%), Vitamin A: 275.49IU (5.51%)