



Curried Crab Spread

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



119 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 18 ounces bread french cut ()
- ☐ 0.5 cup celery minced
- ☐ 1 teaspoon curry powder
- ☐ 0.3 teaspoon ground mustard dry
- ☐ 0.5 cup bell pepper green minced
- ☐ 1 teaspoon hot sauce
- ☐ 0.5 teaspoon lemon zest grated

- ☐ 0.3 cup mayonnaise light
- ☐ 1 pound lump crab meat
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup bell pepper red minced
- ☐ 0.5 teaspoon salt

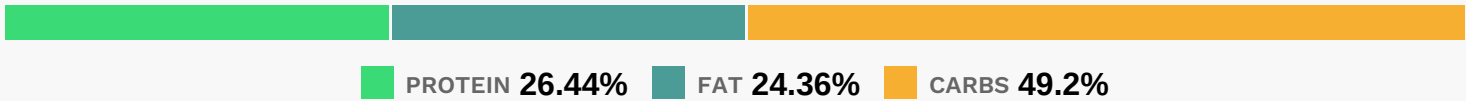
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Combine the first 11 ingredients in a large bowl, stirring until well combined. Gently fold in crabmeat.
- ☐ Prepare broiler.
- ☐ Place bread slices in a single layer on a baking sheet.
- ☐ Brush 1 side of the bread slices evenly with the olive oil. Broil 1 minute or until lightly browned.
- ☐ Serve with spread.

Nutrition Facts



Properties

Glycemic Index:9.43, Glycemic Load:7.32, Inflammation Score:-3, Nutrition Score:9.150434670241%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 118.51kcal (5.93%), Fat: 3.19g (4.9%), Saturated Fat: 0.48g (3%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.09g (4.76%), Sugar: 2.09g (2.33%), Cholesterol: 11.25mg (3.75%), Sodium: 452.16mg (19.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Vitamin B12: 2.27µg (37.8%), Selenium: 17.54µg (25.06%), Manganese: 0.37mg (18.44%), Copper: 0.28mg (14.06%), Vitamin C: 10.79mg (13.07%), Zinc: 1.82mg (12.16%), Folate: 38.92µg (9.73%), Vitamin B3: 1.94mg (9.69%), Phosphorus: 95.65mg (9.57%), Vitamin B1: 0.13mg (8.9%), Iron: 1.26mg (6.98%), Magnesium: 25.73mg (6.43%), Fiber: 1.39g (5.56%), Vitamin K: 5.58µg (5.31%), Vitamin B2: 0.09mg (5.25%), Calcium: 49.97mg (5%), Vitamin B6: 0.09mg (4.73%), Vitamin B5: 0.35mg (3.48%), Potassium: 118.66mg (3.39%), Vitamin A: 168.66IU (3.37%), Vitamin E: 0.37mg (2.48%)