



## Deviled Crab Boules with Beurre Blanc

READY IN



45 min.

SERVINGS



2

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup wine dry white
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- ☐ 0.3 cup fat-free less-sodium chicken broth fat-free divided
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions divided finely chopped

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon juice of lemon
- ☐ 2 tablespoons mayonnaise light
- ☐ 0.5 pound lump crab meat
- ☐ 0.1 teaspoon paprika
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 tablespoon Stone-Ground Mustard
- ☐ 6 ounce sub rolls
- ☐ 2 tablespoons citrus champagne vinegar white

## Equipment

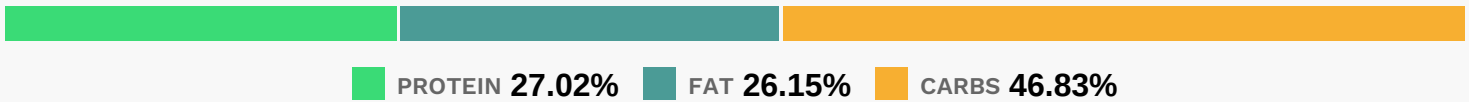
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve

## Directions

- ☐ Preheat oven to 37
- ☐ To prepare boules, hollow out each roll, leaving about a 1/4-inch-thick shell; reserve torn bread for another use.
- ☐ Place bread shells on a baking sheet.
- ☐ Bake at 375 for 5 minutes.
- ☐ Remove from oven; set aside.
- ☐ To prepare deviled crab, combine 2 tablespoons chopped green onions, 1/4 cup wine, and garlic in a small saucepan; bring to a boil. Reduce heat; simmer until reduced to 2 tablespoons (about 2 minutes).

- ☐ Remove from heat; stir in mayonnaise, mustard, red pepper, and paprika.
- ☐ Add 2 tablespoons chopped green onions and crab; toss gently to combine. Spoon crab mixture evenly into bread shells.
- ☐ Bake at 375 for 15 minutes or until thoroughly heated.
- ☐ To prepare beurre blanc, combine 2 tablespoons broth, shallots, 1/4 cup wine, vinegar, and bay leaf in a small saucepan; bring to a boil. Reduce heat, and simmer until reduced to 1/4 cup (about 3 minutes).
- ☐ Drain through a fine sieve into a bowl, reserving liquid; discard solids.
- ☐ Return wine mixture to pan.
- ☐ Combine remaining broth and cornstarch, stirring well with a whisk; stir into wine mixture. Bring to a boil; cook 1 minute, stirring constantly.
- ☐ Remove from heat; add butter, stirring until butter melts. Stir in juice and black pepper.
- ☐ Serve beurre blanc immediately over warm boules.
- ☐ Garnish with julienne-cut green onions, if desired.

## Nutrition Facts



## Properties

Glycemic Index:178, Glycemic Load:29.47, Inflammation Score:0, Nutrition Score:25.146956734035%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 479.41kcal (23.97%), Fat: 12.52g (19.26%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 47.38g (17.23%), Sugar: 9.12g (10.14%), Cholesterol: 64.92mg (21.64%), Sodium: 1706.94mg (74.21%), Alcohol: 6.18g (100%), Alcohol %: 2.02% (100%), Protein: 29.1g (58.2%), Vitamin B12: 10.29µg (171.56%), Iron: 14.52mg (80.65%), Selenium: 46.06µg (65.8%), Copper: 1.12mg (55.77%), Zinc: 7.11mg (47.39%), Vitamin K:

35.03µg (33.36%), Phosphorus: 304.42mg (30.44%), Magnesium: 76.84mg (19.21%), Vitamin B6: 0.36mg (18.14%), Folate: 70.76µg (17.69%), Manganese: 0.35mg (17.42%), Vitamin C: 14.2mg (17.22%), Potassium: 461.46mg (13.18%), Fiber: 3.07g (12.26%), Calcium: 102.15mg (10.22%), Vitamin B3: 1.73mg (8.67%), Vitamin A: 409.45IU (8.19%), Vitamin B1: 0.1mg (6.78%), Vitamin B5: 0.63mg (6.29%), Vitamin B2: 0.09mg (5.57%), Vitamin E: 0.62mg (4.13%)