



## Dungeness Crab and Heirloom Bean Brandade

READY IN



45 min.

SERVINGS



10

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 slices crusty baguette toasted
- ☐ 2 tablespoons butter ()
- ☐ 1 carrots peeled
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 celery stalks finely chopped cut in half crosswise, plus 1/4 cup celery
- ☐ 1 teaspoon kosher salt
- ☐ 8 ounces crab meat picked over
- ☐ 0.5 cup cream cheese
- ☐ 2 tablespoons dijon mustard

- ☐ 3 garlic clove minced
- ☐ 1 cup great northern beans dried white (such as marrow beans)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 1 small onion halved
- ☐ 4 tablespoons parsley fresh italian divided chopped
- ☐ 0.5 cup shallots finely chopped
- ☐ 1 tablespoon worcestershire sauce

## Equipment

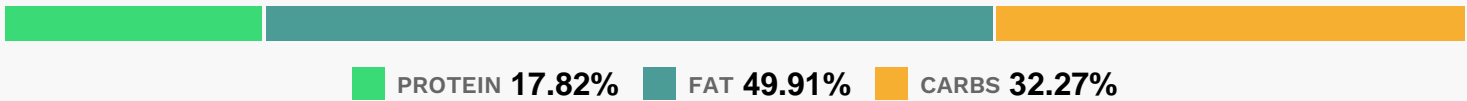
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Rinse beans with cold water; place in large saucepan.
- ☐ Add enough cold water to cover beans by 2 inches; let soak overnight.
- ☐ Drain. Return beans to same pan.
- ☐ Add enough cold water to cover beans by 3 to 4 inches.
- ☐ Add celery stalk, carrot, and onion. Bring to boil. Reduce heat; simmer uncovered until beans are tender, about 1 hour.
- ☐ Remove from heat.
- ☐ Add 1 teaspoon coarse salt; let beans cool in cooking liquid. DO AHEAD: Can be made 2 days ahead. Cover and chill in cooking liquid. Before using, drain beans, reserving 1/4 cup cooking liquid.
- ☐ Lightly butter 1-quart baking dish.
- ☐ Combine crab, cheddar cheese, mayonnaise, mustard, lemon juice, and Worcestershire sauce in medium bowl; chill.

- ☐ Melt butter in large saucepan overmedium heat.
- ☐ Add shallots; sauté untilsoft, about 3 minutes.
- ☐ Add chopped celery,garlic, and cayenne; stir 2 minutes.
- ☐ Addbeans and 1/4 cup cooking liquid; cook untilheated through, mashing beans coarsely,about 2 minutes.
- ☐ Add Crescenza cheese;stir until melted. Fold in crab mixture and2 tablespoons parsley. Season with salt andpepper.
- ☐ Transfer to prepared baking dish.DO AHEAD: Can be made 1 day ahead.Chill crab brandade uncovered until cold,then cover and keep chilled.
- ☐ Preheat oven to 400°F.
- ☐ Bake brandadeuncovered until heated through and mixturebegins to bubble at edges, about 30 minutes.
- ☐ Sprinkle with 2 tablespoons parsley.
- ☐ Servewarm with toasted baguette slices.
- ☐ Crescenza cheeseis a soft-ripened cow's-milk cheese traditionally made in Italy. Look for it at yourlocal cheese store, or order it online frombellwethercheese.com or mozzco.com.
- ☐ Try a crisp California
- ☐ Chardonnay with the appetizers. We likethe Cakebread Cellars 2007 Napa Valley
- ☐ Chardonnay (\$39). It's bright and fruity,with notes of lemon zest and pear. TheNapa Valley winery, which was founded in1973, is currently run by four members ofthe Cakebread family.

## Nutrition Facts



## Properties

Glycemic Index:46.06, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:14.386956478267%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg

0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 219.7kcal (10.98%), Fat: 12.36g (19.02%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 13.32g (4.84%), Sugar: 2.87g (3.19%), Cholesterol: 30.14mg (10.05%), Sodium: 607.97mg (26.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.85%), Vitamin K: 41.2µg (39.24%), Vitamin B12: 2.08µg (34.66%), Folate: 113.2µg (28.3%), Vitamin A: 1413.5IU (28.27%), Copper: 0.4mg (19.86%), Selenium: 13.69µg (19.56%), Fiber: 4.66g (18.65%), Manganese: 0.37mg (18.49%), Phosphorus: 167.2mg (16.72%), Magnesium: 54.59mg (13.65%), Zinc: 2mg (13.3%), Potassium: 426.21mg (12.18%), Vitamin B1: 0.18mg (11.78%), Vitamin B6: 0.2mg (10.07%), Vitamin C: 8.24mg (9.98%), Iron: 1.71mg (9.5%), Calcium: 74.2mg (7.42%), Vitamin B2: 0.11mg (6.33%), Vitamin B3: 0.92mg (4.6%), Vitamin B5: 0.46mg (4.58%), Vitamin E: 0.55mg (3.66%)