



Fire-Roasted Crab Shooters



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 14.5 oz canned tomatoes diced organic undrained canned
- ☐ 0.5 cup sacramento tomato juice
- ☐ 1 slice onion red (1/)
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon salt
- ☐ 3 drops hot sauce red
- ☐ 0.8 cup cucumber diced peeled

- ☐ 6.5 oz crab meat white drained canned (1 cup)
- ☐ 2 teaspoons optional: dill fresh coarsely chopped

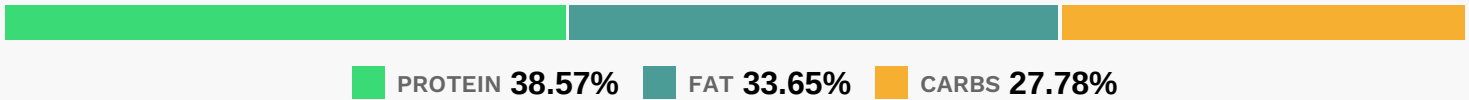
Equipment

- ☐ food processor

Directions

- ☐ In food processor, place all ingredients except cucumber, crabmeat and dill weed. Cover; process with on-and-off pulses until mixture is coarsely pureed. Stir in cucumber.
- ☐ Spoon about 1/3 cup tomato mixture into each of 8 martini or wine glasses. Spoon about 1 heaping tablespoon crabmeat onto center of each cocktail.
- ☐ Sprinkle dill weed over top.

Nutrition Facts



Properties

Glycemic Index:16.04, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:5.2778260500535%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 51.42kcal (2.57%), Fat: 1.87g (2.88%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.9g (1.05%), Sugar: 1.99g (2.21%), Cholesterol: 9.67mg (3.22%), Sodium: 428.9mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin B12: 2.07µg (34.55%), Selenium: 8.45µg (12.08%), Copper: 0.23mg (11.58%), Zinc: 1.42mg (9.46%), Vitamin C: 6.15mg (7.45%), Vitamin A: 290.96IU (5.82%), Phosphorus: 56.51mg (5.65%), Vitamin K: 4.39µg (4.18%), Folate: 15.31µg (3.83%), Magnesium: 14.76mg (3.69%), Vitamin B6: 0.06mg (3.03%), Calcium: 29.98mg (3%), Potassium: 103.4mg (2.95%), Iron: 0.52mg (2.88%), Fiber: 0.58g (2.3%), Vitamin B3: 0.36mg (1.82%), Manganese: 0.04mg (1.78%), Vitamin B5: 0.15mg (1.51%), Vitamin B1: 0.02mg (1.46%), Vitamin E: 0.19mg (1.28%), Vitamin B2: 0.02mg (1.09%)