



Fresh Crab Rolls

READY IN



50 min.

SERVINGS



6

CALORIES



361 kcal

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 6 leaves boston lettuce
- ☐ 0.5 cup celery chopped
- ☐ 1 lb crab meat fresh white separated
- ☐ 6 oz yogurt plain fat free
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 0.3 cup spring onion chopped (4 medium)
- ☐ 6 lime wedges
- ☐ 6 oz marinated artichoke drained chopped progresso®

- ☐ 3 tablespoons mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 6 portugese rolls split

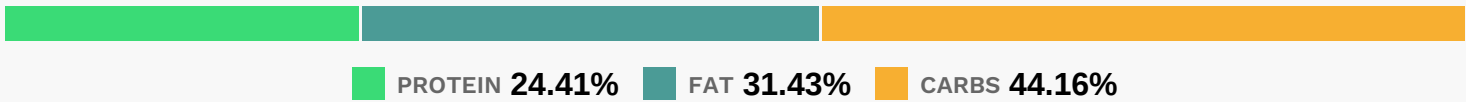
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In large bowl, mix yogurt, mayonnaise, tarragon, salt and garlic. Stir until well blended. Stir in crab, artichoke hearts, celery and green onions. Cover and refrigerate about 30 minutes to blend flavors.
- ☐ Heat 10-inch skillet over medium-high heat.
- ☐ Brush melted butter on cut sides of rolls.
- ☐ Place cut sides down in skillet; cook about 2 minutes or until toasted.
- ☐ Place rolls on plates; fill with lettuce and crab mixture.
- ☐ Serve with lime wedge.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:23.82, Inflammation Score:-7, Nutrition Score:20.928695692964%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 361.45kcal (18.07%), Fat: 12.53g (19.28%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 39.6g (13.2%), Net Carbohydrates: 36.99g (13.45%), Sugar: 7.5g (8.33%), Cholesterol: 40.28mg (13.43%), Sodium: 1316.42mg (57.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.79%), Vitamin B12: 6.99µg (116.49%), Iron: 11.95mg (66.37%), Selenium: 29.12µg (41.59%), Copper: 0.73mg (36.54%), Vitamin K: 38.19µg (36.37%), Zinc: 4.9mg (32.67%), Vitamin C: 18.98mg (23.01%), Phosphorus: 227.47mg (22.75%), Vitamin A: 979.71IU (19.59%), Folate: 57.03µg (14.26%), Calcium: 131.45mg (13.15%), Magnesium: 49.9mg (12.48%), Fiber: 2.61g (10.46%), Potassium: 340.1mg (9.72%), Vitamin B6: 0.19mg (9.32%), Vitamin B2: 0.13mg (7.77%), Manganese: 0.14mg (7.12%), Vitamin B5: 0.55mg (5.52%), Vitamin B3: 1.07mg (5.36%), Vitamin B1: 0.07mg (4.57%), Vitamin E: 0.4mg (2.65%)