

## Gourmet Crab Ring

 Gluten Free

READY IN



260 min.

SERVINGS



20

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz crab meat flaked drained canned
- 16 oz philadelphia cream cheese softened
- 2 Tbsp cooking sherry dry
- 0.3 cup parsley fresh divided chopped
- 1 tsp knox gelatine unflavored
- 0.1 tsp ground pepper black
- 2 oz pimentos diced drained
- 0.3 tsp lawry's seasoned salt

0.3 cup water cold

## Equipment

bowl

sauce pan

hand mixer

## Directions

Sprinkle gelatine over water in small saucepan; let stand 2 minutes to soften. Cook on low heat until gelatine is completely dissolved, stirring constantly.

Pour into large bowl of electric mixer.

Add cream cheese; beat on low speed until well blended.

Add sherry, seasoned salt and pepper; mix well. Stir in crabmeat, pimientos and 2 Tbsp. of the parsley.

Pour into 3-cup ring mold. Refrigerate 4 hours or until set. Unmold onto serving platter.

Sprinkle with remaining 2 Tbsp. parsley.

## Nutrition Facts



**PROTEIN 14.06%** **FAT 79.14%** **CARBS 6.8%**

## Properties

Glycemic Index:7.55, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:3.2417391175809%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

## Nutrients (% of daily need)

Calories: 89.43kcal (4.47%), Fat: 7.88g (12.13%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.97g (1.08%), Cholesterol: 31.16mg (10.39%), Sodium: 149.68mg (6.51%),

Alcohol: 0.15g (100%), Alcohol %: 0.5% (100%), Protein: 3.15g (6.3%), Vitamin K: 13.12µg (12.49%), Vitamin A: 443.27IU (8.87%), Selenium: 5.69µg (8.12%), Vitamin B12: 0.33µg (5.55%), Vitamin C: 4.23mg (5.12%), Phosphorus: 45.57mg (4.56%), Copper: 0.08mg (4.06%), Vitamin B2: 0.06mg (3.74%), Calcium: 31.38mg (3.14%), Zinc: 0.45mg (3.03%), Vitamin E: 0.38mg (2.54%), Vitamin B5: 0.22mg (2.18%), Folate: 7.79µg (1.95%), Potassium: 62.86mg (1.8%), Vitamin B6: 0.03mg (1.74%), Magnesium: 5.92mg (1.48%), Vitamin B3: 0.29mg (1.44%)