



Grilled Crab and Shrimp Mini Sandwiches

READY IN



45 min.

SERVINGS



16

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup celery finely chopped
- ☐ 0.5 teaspoon chili powder
- ☐ 1 cup crab meat fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup onion finely chopped
- ☐ 16 servings parsley fresh italian chopped
- ☐ 1 cup shrimp cooked chopped

- ☐ 0.3 cup butter unsalted melted ()
- ☐ 8 slices sandwich bread white firm

Equipment

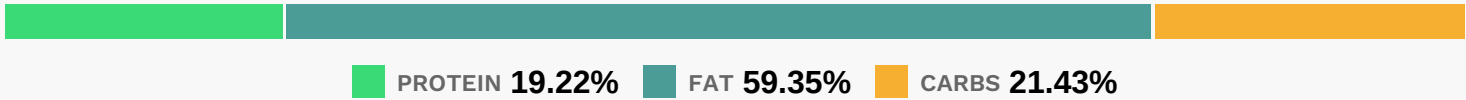
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk mayonnaise and next 3 ingredients in medium bowl. Gently mix in crabmeat, shrimp, celery, and onion. Season filling with salt and pepper.
- ☐ Arrange 4 bread slices on work surface.
- ☐ Spread 1/4 of filling on each slice (about 1/2 cup). Top filling with bread slice; press to adhere.
- ☐ Brush top bread slice of each sandwich with melted butter.
- ☐ Place large griddle over 2 burners.
- ☐ Heat griddle over medium heat.
- ☐ Place sandwiches, buttered side down, on griddle. Cook until bottom is golden brown, 6 to 7 minutes.
- ☐ Brush top of each sandwich with melted butter. Using metal spatula, turn sandwiches over. Cook until bottom is golden, about 5 minutes.
- ☐ Cut each sandwich into quarters.
- ☐ Transfer to platter.
- ☐ Sprinkle with parsley.
- ☐ Per serving: 158.8 kcal calories,
- ☐ 4 % calories from fat, 9.1 g fat,
- ☐ 5 g saturated fat,
- ☐ 1 mg cholesterol,
- ☐ 7 g carbohydrates,

- ☐ 8 g total sugars,
- ☐ 5 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:13.49, Glycemic Load:4.56, Inflammation Score:-5, Nutrition Score:8.3278260619744%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 132.46kcal (6.62%), Fat: 8.75g (13.47%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.53g (2.37%), Sugar: 1.03g (1.14%), Cholesterol: 38.78mg (12.93%), Sodium: 215.84mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.75%), Vitamin K: 78.29µg (74.57%), Vitamin B12: 0.96µg (15.99%), Selenium: 6.97µg (9.96%), Vitamin A: 465.68IU (9.31%), Copper: 0.18mg (9.09%), Vitamin C: 6.97mg (8.44%), Phosphorus: 75.88mg (7.59%), Folate: 27.33µg (6.83%), Zinc: 1.01mg (6.7%), Vitamin B1: 0.08mg (5.04%), Calcium: 50.36mg (5.04%), Manganese: 0.1mg (5.02%), Iron: 0.85mg (4.73%), Magnesium: 16.84mg (4.21%), Vitamin B3: 0.79mg (3.94%), Potassium: 117.28mg (3.35%), Vitamin E: 0.4mg (2.7%), Vitamin B2: 0.04mg (2.64%), Fiber: 0.59g (2.34%), Vitamin B6: 0.04mg (2.08%), Vitamin B5: 0.15mg (1.52%)