



Hot and Spicy Baguette Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 1 baguette
- ☐ 4 ounce olives black drained sliced canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 0.8 pound crab meat
- ☐ 1 bunch green onions chopped
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 tomatoes seeded chopped

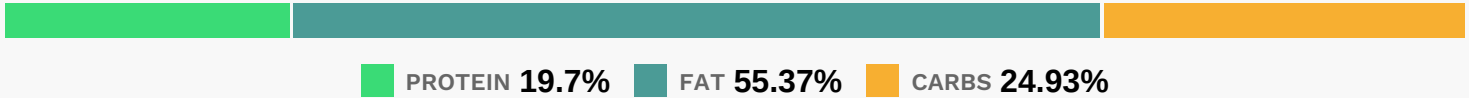
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler
- ☐ serrated knife

Directions

- ☐ Preheat oven on broiler setting.
- ☐ In a large bowl, place crabmeat, artichoke hearts, black olives, green onions, tomato, cheddar cheese, mayonnaise, and cayenne pepper.
- ☐ Mix well.
- ☐ Using a serrated knife, cut the baguette into 4 pieces, then cut each piece in half lengthwise. Spoon crab mixture onto baguette halves.
- ☐ Broil in the oven, on the lowest rack, until cheese is melted and top is starting to brown.

Nutrition Facts



Properties

Glycemic Index:62.69, Glycemic Load:21.35, Inflammation Score:-8, Nutrition Score:28.556086996327%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 612.03kcal (30.6%), Fat: 37.26g (57.33%), Saturated Fat: 9.72g (60.74%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 33.3g (12.11%), Sugar: 5.1g (5.67%), Cholesterol: 75.73mg (25.24%), Sodium: 2271.07mg (98.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.67%), Vitamin B12: 7.99µg (133.12%), Selenium: 50.68µg (72.4%), Vitamin K: 63.84µg (60.8%), Copper: 0.93mg (46.67%), Zinc: 6.73mg (44.88%), Phosphorus: 393.1mg (39.31%), Calcium: 329.59mg (32.96%), Folate: 121.46µg (30.37%), Vitamin B1: 0.43mg

(28.91%), Vitamin B2: 0.38mg (22.61%), Vitamin B3: 4.11mg (20.56%), Vitamin A: 957.11IU (19.14%), Manganese: 0.38mg (18.96%), Magnesium: 74.29mg (18.57%), Vitamin E: 2.74mg (18.27%), Fiber: 4.44g (17.75%), Iron: 3.11mg (17.29%), Vitamin C: 11.68mg (14.15%), Vitamin B6: 0.26mg (13.18%), Potassium: 389.77mg (11.14%), Vitamin B5: 0.74mg (7.37%), Vitamin D: 0.23µg (1.5%)